

BURN THE BELLY FAT!



Reasons For Belly Fat

- Lifestyle
 - Lack of Exercise
 - Consumption of Trans Fats
 - Excess Alcohol Consumption
 - Stress
- Genetics
- Aging



Why Should You Care?



- **Women** who have an increase in belly fat are at an increased risk for:
 - Diabetes, Heart Disease, Breast Cancer, Hypertension and Colorectal Cancer
- **Men** who have an increase in belly fat are at an increased risk for:
 - High Cholesterol, Type II Diabetes, Sleep Apnea, Heart Disease, Stroke and Metabolic Syndrome

What You Can Do About It!



- Eat foods that can help you reduce weight such as:
 - **Dairy** - Consume 12 oz a day of low fat dairy products.
 - **Whole Grains** - Look for whole wheat flour or whole grains as the first ingredient.
 - **Drink Green Tea**- Green Tea + Cardiovascular exercise helped people lose more weight due to the antioxidants in the tea.
 - **Include HEALTHY Fats**- Mono and polyunsaturated fats can help you lose fat weight when eaten in moderation. They are found in foods such as olive oil, sunflower oil, nuts and avocado.



What You Can Do About It!

- Lifestyle

- Exercise at least 30 minutes at a moderate intensity per day for 5 days a week for weight maintenance.
- Exercise approximately 60 minutes at a moderate intensity per day 5 days a week for weight loss.



What You Can Do About It!

- **SLEEP and RELAX**
 - Sleep- People who get about 7 hours of sleep a night are less likely to gain belly fat
 - Relax- When bodies are stressed constantly they release a continuous stream of cortisol. In turn, cortisol tells the body to store fat
 - Combat stress by talking to your doctor or therapist about relaxation techniques



What You Can Do About It!



- Other Unhealthy Habits:
 - Quit Smoking- NIFS offers “Butt Out” to help associates quit smoking.
 - Watch for Trans Fats- Try shopping in the outside ring of the grocery store and stay away from processed and packaged foods.
 - Moderate Alcohol Consumption- No more than 1 drink a night for women and 2 drinks a night for men.



How WellPoint Can Help!

- Onsite Associates:
 - Join the Wellness Center
 - The Wellness Center offers free exercise prescription and consultations for members.
 - Keep an eye out for Wellness Committee programs
- Offsite Associates:
 - NIFS offers Health YOUiversity for questions on diet and exercise

Sources

- http://www.livestrong.com/article/164289-the-reasons-for-belly-fat/?utm_source=popslideshow&utm_medium=a1
- <http://www.livestrong.com/article/499301-reasons-for-excessive-belly-fat/>
- <http://www.livestrong.com/article/322187-why-does-fat-accumulate-around-my-belly/>
- <http://www.livestrong.com/article/348777-what-foods-contribute-to-belly-fat/>
- <http://www.livestrong.com/article/122247-ten-lose-belly-fat/>
- <http://www.livestrong.com/article/99886-steps-lose-belly-fat/>
- <http://www.acsm.org/about-acsm/media-room/acsm-in-the-news/2011/08/01/acsm-position-stand-on-physical-activity-and-weight-loss-now-available>
- <http://www.webmd.com/food-recipes/news/20100922/milk-drinkers-may-lose-more-weight>