

Fitness is booming. Take a look at social media and you'll get the picture: You see pretty, fit, slim, athletic people everywhere, posing all day long with their bodies in front of the camera. Then we look at ourselves in the mirror and sigh, and many of us fall into a deep crisis. How are we supposed to manage something like that?

Well, yes, you can argue about what is beautiful and aesthetic and what is not. But the fact is: a healthy, slim body gets you through life better.

### **Why get rid of extra body fat?**

Fat has the highest energy value of all nutrients, which means that the body can build up large energy reserves in the form of fat depots. That is unfortunate, especially in the abdominal area. Too large fat reserves are a great burden for the entire organism, because the tissues need to be constantly supplied with a huge supply of blood. This means a great challenge for the circulatory system. The result is cardiovascular disease, diabetes and high blood pressure.

But there are more good reasons to get rid of belly fat:

- You have an improved body awareness.
- You feel fitter and more dynamic.
- You will move more because the extra kilos will no longer hold you back.
- Your self-confidence increases.
- Doctor's visits become less frequent.
- You can slide closer to the steering wheel in the car.
- Shopping trips are more fun.
- You can walk more relaxed when visiting the swimming pool, because you no longer must squeeze in your belly.
- Improved self-confidence goes hand in hand with an improved appearance and thus more success in the search for a partner, in job interviews and other types of negotiations.

Admittedly, some points are of course to be taken with a twinkle in the eye, but the following still applies: Less unnecessary body fat increases the health of your body.

### **Okay, you think, but what do I have to do now?**

Well, actually it's quite simple: The energy balance has to be right. Simply put: Burn more calories than you consume. That sounds simple. On the one hand it is, on the other hand it is not. Because not all calories are the same.

### **Long-chain carbohydrates**

Carbohydrates, for example. They used to be condemned as fattening. But carbohydrates are a wonderfully usable source of energy for your brain and nerve cells because they are split into glucose (dextrose). If you want to eat healthy, then rice, potatoes, legumes, whole grain bread, fruits and vegetables are especially recommended here. They contain long-chain carbohydrates that enter the blood slowly. This ensures a constant blood sugar level. Even if carbohydrates are consumed in excess, they are hardly stored in the body in the form of fat but are mainly released in the form of heat generated by the body.

In addition, carbohydrates provide something else very valuable: dietary fiber! They can be hardly digested, and this is exactly the thing we take advantage of. They provide a feeling of saturation because they swell up in the intestines. So, eat plenty of whole grain products, for example. But remember to drink enough (water) as well.

## **Be conscious of what you eat**

As you can see from these examples: It's not about eating nothing or less. That is quite unhealthy, and you will not get what you want out of it. So instead, you should eat better.

The first step in doing this is to become conscious of what you eat. In today's extremely hectic world, where stress is equated with success, people often gobble up something "on the go".

Take time to eat. That means, make time for your meals. If you belong to the group mentioned above, then start by consciously scheduling times when you do absolutely nothing but eat. No phone calls on the side, no checking Instagram profiles, no news consumption. Just time for yourself. To eat consciously. With this conscious eating, some people start paying attention to what they eat almost by themselves.

But what if time is really tight? Well, it's all about: Preparation. You can't possibly be too busy 24h a day to prepare food for yourselves, can you? Remember, be important enough to yourself. The key to a healthy body is self-love. Take care of yourself and your body. And that includes being mindful of what you put into it. As the saying goes: Garbage in - Garbage out. And surely you want to perform well, don't you?

Try it out. Create a meal plan for yourself. Roughly follow these categorizations when choosing your meals:

12 % - 14 % Protein

30 % - 40 % Fat

47 % - 57 % Carbohydrates

## **Avoid highly processed foods**

This means foods that have gone through several processing steps and contain many additives and ingredients. During processing, vitamins, minerals, and fiber are often removed and sugar, salt and flavor enhancers are added. These are all substances that have been proven to be highly addictive. It's clear why these ingredients are added: more cravings, more sales, more revenue. You know the deal.

Examples of highly processed foods include sausages, meat products, baked goods, dry soups, soft drinks, ice cream, sweets, and convenience foods such as frozen pizza.

Instead, reach for more fruits and especially vegetables. Try to fill half of your plate with fruits and vegetables at every meal. Not only will this cut down on unsaturated fats and unhealthy sugars (which go against your stated goal of reducing body fat) but you'll also replenish your vitamin levels at the same time, which in turn contribute to a healthy body.

## **How could a healthy diet look like throughout the day?**

### **Breakfast**

- Coffee - with milk and sugar? Are you one of those people who can't start the day without coffee? Don't give it up, but maybe you can skip the sugar or at least gradually reduce it? If you can't drink your coffee black, use low-fat milk or switch to healthier milk alternatives.
- Rolls with butter and nut nougat cream? Try jam and honey as an alternative. It's sweet, too, but a better alternative to butter or Nutella.
- Cheese sandwich? How about a deliciously prepared cottage cheese? Limburger or Harz cheese are also better than the full-fat cheese slices.

- Love cereals? Don't worry, you don't have to give that up. But maybe it doesn't have to be the chocolate crunchy granola. How about a homemade porridge (which is nothing but oatmeal!) with nuts, fresh fruits, and grains?

### **Lunch**

- Fall for the salad buffet. You can eat salads as much as you like. However, make sure to use low-fat dressing.
- How about a delicious soup as an appetizer? It curbs the cravings until the main meal arrives and warms the stomach. However, you should stay away from cream soups and go for vegetable soups instead.
- Save the frying fat and use coated pans instead. Sounds simple, doesn't it? If you use oil for frying, make sure you use high-quality oils that are healthy and can be heated (canola oil instead of olive oil).
- You love pasta? Great, choose tomato sauce rather than cream cheese sauce for that too.
- Really don't have time and you have to go for fast food? Choose wisely. Maybe it doesn't have to be the burger, try a kebab or falafel plate instead!

### **Dinner**

- Replace breads containing wheat with wholemeal breads. This will keep you full for a long time and is healthy.
- Again, cut down on butter. Go for curd cheese, cottage cheese, mustard, linseed oil.
- Do not drink alcohol. It has been proven to be very unhealthy (even though 1 glass a day is claimed to be harmless), makes you sleep worse, and in the case of beer, puts on fat unnecessarily.
- You love meat? Be careful what you eat. Don't reach for cheap meat or high-fat meat. Treat yourself to less, but high-quality organic meat.
- Fish is also healthy. But again, there are types of fish that are high in fat and types that are lower in fat. Eat the latter, such as salmon.
- Remember that at any time of day, vegetables are always the better choice. Eat a varied and diverse diet.

### **Need more tips on how to get rewarded with a better figure faster?**

Here we have some more tips compiled. However, it is important to know that you do not have to do everything 100% and all at once. A small change in habits will also lead to the goal in the end. Remember: a healthy body is not a sprint, it's a marathon.

#### **Do not go hunting when you're hungry the most**

We all know it: we are hungry, we go out for shopping, and we end up buying food as if in a frenzy. Plan your shopping and always have healthy food at home that will fill you up.

#### **Get rid of ravenous appetite**

When blood sugar levels drop, so do moods. Sounds familiar? The solution is often chocolate bars, gummy bears, etc., because that makes blood sugar levels jump again. However, since this is not sustainable, the craving for food comes back after a short time. Supply your body with long-chain carbohydrates in good time. However, if at any time you feel hungry again, reach for fruit, preferably dried fruit. This provides a quick supply of sugar and is also fat-free.

### **Slow Food**

It takes a while for the stomach to tell the brain: Okay, we're good, we're full and all the stores are filled, Captain!

So, take your time with the main meals. It's better to plan a low-calorie appetizer like soup and then take a break for the moment. Of course, if you want to skip an appetizer, that works too. But take your time eating and don't wolf it down. Conscious meal breaks do wonders.

### **All you can eat**

Simple tip: Stop.

### **Spiciness slows you down**

Spicy food reduces your craving for food. If you can stand it and even like spicy food, curry and chili it is.

### **Salt is not your friend**

In this modern age, there's almost no getting around salt and sugar. This is unfortunate because neither is optimal for the body. This is unfortunate, because neither is optimal for the body. Salt stimulates the appetite.

Therefore, you should rather flavor your food with dried herbs. Spices with a strong inherent taste such as chili, garlic, ginger or even olive oil can replace salt completely without any problems.

### **Trick your brain**

Use small plates when preparing meals. Pile food on them. Vegetables, salad – it has to look like a lot!

### **Keep calm and drink tea**

Green tea contains catechins. This stimulates fat burning and metabolism. In addition, released trace elements really heat up the mitochondria, the fat burning chambers of the cells.

### **Let's get dipping**

A cozy evening on the couch with a good movie. You need chips for that? No. Why not try carrots, cucumbers, peppers cut into sticks, accompanied by a delicious dip made of yogurt, fresh herbs, and avocado. Great, varied, and healthy.

### **Presentation matters**

Make an effort when preparing the food. If you take time to prepare food, then you'll be sorry to gobble it all down in a matter of minutes.