

# Health TIPS

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## Getting Rid of Belly Fat

It's all in the cardio! If you are doing an ab workout every night, but not doing any cardiovascular exercise, then you might even get a bigger belly! Building up your abdominal muscles without burning off the fat that lays on top of them, may result in a protruded belly.

Cardio is important, because that is what burns the fat layer that lays on top of your stomach Muscles. All of us have a six-pack, but only those with a lower body fat percentage are able to see theirs.

Keep performing core exercises, because they are very important, however you should be performing them every other day to insure appropriate muscle recovery. Make sure to add cardiovascular exercises like running or swimming to your fitness routine, because they burn-fat and condition your abdominal muscles at the same time.

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