



LOSE YOUR BELLY DIET RESOURCES

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## **Lose Your Belly: Resources**

Sometimes the right tools can make a huge difference in your ability to burn fat and get rid of your belly. This page will outline some of those tools so you can get ahead and give yourself the best chance of success...

### **Vivosmart 3**

Of all the fitness trackers out there, the Vivosmart 3 is one of the most capable for its small size and lower-end cost. This comes with a heart rate tracker for all day activity monitoring, sleep tracking, step counting and some more interesting additional features such as the ability to track repetitions during weight lifting and even measure stress levels.

### **MyFitnessPal**

<https://www.myfitnesspal.com/>

You can use the Vivsmart 3 as a tool to measure your calorie expenditure and then use MyFitnessPal as a way to track how many you consume. From there, it is a matter of aiming for a deficit – using the advice shared in the full book of course to make this less challenging.

### **Bodyspace**

<http://bodyspace.bodybuilding.com/>

One of the best parts of a fitness tracker is the social element which will allow you to compete with friends, take challenges and get motivated. You can also get all these benefits from Body space – a social network from bodybuilding.com that is designed specifically to help you stay in shape and connect with others that have similar goals.

### **Headspace**

<https://www.headspace.com/>

Reducing stress is surprisingly absolutely essential if you want to give yourself the best shot at weight loss. The easiest way to do this is with meditation and Headspace provides a perfect introduction to this activity that makes it easy for anyone to get started.

### **Men's Health Body Defence**

This is a multivitamin from Men's Health that is one of the very best on the market. It comes with large quantities of vitamin C as well as vitamin D and many more important micronutrients. In short, this should give you the energy boost you need to be more productive and adherent during the day and to burn more fat with a faster metabolism.

### **The Four Hour Body**

There are many books on weight loss but one of the best out there is *The Four Hour Body* which can help you to find a large range of hacks and to eat in a way that is sustainable while being very effective for fat loss.

### **Primal Blueprint Recipes**

<http://www.marksdailyapple.com/primal-paleo-recipes/>

This is an excellent selection of recipes that focus on nutrients and low carbohydrate content.

### **Kettlebells**

Looking for a form of concurrent training you can do from home that will burn tons of calories in its own right? Then a kettlebell might be the ideal purchase for you.

### **Nutribullet**

<https://www.nutribullet.com/>

Another thing that can help you to get more nutrients in your diet is a smoothie machine. The Nutribullet is such a machine but makes life even easier by letting you

easily take away the top part to use as a ventricle that you can drink from on the move. Making it easy to stick to your diet is as important as choosing a diet that works!