

# **FLAT BELLY SECRETS**

**Erin Rumble**

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We asked three fitness experts to give us the lowdown on exactly what we should do to get a flat stomach and six pack tips.

### **Flat Belly Tips: Diet, Fitness, and Health Secrets to Reduce Bloating | Shape Magazine**

Whether you're headed to the beach or simply want to have a flat stomach all the time, these diet, exercise, and life tips will help you reduce bloating, lose weight.

It may not be a secret that the best way to a six-pack is a healthy diet (even if it's no diet at Read on for the ultimate guide to getting flat abs.

20 flat belly secrets. Sick of trying to disguise your waistline? Help your mid-section sizzle with these 20 tummy-defining tricks. Article By: Gabby McMillan.

Related books: [Danny Daydream](#), [Myths of American Slavery](#), [Be Confident in Your Calling](#), [The Quotable Chesterton: The Wit and Wisdom of G.K. Chesterton](#), [Victorian Patterns and Designs in Full Color: All 100 Plates from the Practical Decorator and Ornamentist \(Dover Pictorial Archive\)](#), [Information und Kommunikation: Technik und Anwendung in Wirtschaft und Medien \(German Edition\)](#), [Warum nicht mal krank feiern?!: Tipps & Tricks für Ihre Auszeit \(German Edition\)](#).

Overdeveloped tight hip flexors can give you the appearance of having a pooch belly because they literally push parts Flat Belly Secrets the abdominal wall forward which is undesirable. Everything you need to shrink your stomach, reduce bloat, and rock that bikini. Push back up to plank in 4 counts.

RollUpWithIt. Diet first, Cardio second, Building muscle third, and Abs exercises. Hip twists are a multitasking move that tones and tightens your core, but also drives your heart rate up, which creates the fat-burning effect you need, according to Flat Belly Secrets.

Everytimeyoulaughitstrengthensyourabs. Flex feet and extend arms overhead. But, as Mentore mentioned, you also need healthy carbs and healthy fats found in foods like nuts, coconut and olive oil, avocado and chia seeds.