



Best exercises to help burn belly fat (Image: Getty Images/Science Photo Library RF)

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Best exercises for busting belly fat – including the sweet spot time for walking

Belly fat or visceral fat is not only unsightly but is also a predecessor for major and serious health outcomes. Diet is key, but so is exercise when it comes to losing this dangerous type of fat



By

Knibbs Health Reporter

Carrying [visceral fat](#) makes a person's belly stick out and gives them an apple shape, but the dangers of carrying this type of fat far exceed just appearance.

“Carrying too much weight is not only uncomfortable but also makes you susceptible to many health problems, [and] the rates of obesity have continuously been escalating in the UK and US over recent years,” warns Dr Ariel Haus, founder of [Dr Haus dermatology](#).

He adds: “This leads to [diabetes](#), cancers, [heart disease](#), stroke and much more.

“Therefore, there is a need to burn extra calories through regular exercise and checking your calorie intake.”



Carrying large amounts of belly fat increases a person's risk of cardiovascular diseases, diabetes and premature death (

Image:

Getty Images)

Visceral fat is known to produce more toxic substances compared to subcutaneous fat, which increases the risk of some serious health outcomes.

What makes visceral fat also unusual is that even people deemed thin could be carrying large amounts of this hidden type of fat.

This type of fat is stored within a person's abdominal cavity, near several vital organs such as the liver, pancreas and intestines.

Research shows that it can play a distinctive and potentially dangerous role when it comes to the proper functioning of hormones.

Best exercises to target visceral fat

Aerobic exercises

In a [study](#) published in the National Library of Medicine, the effect of exercise on visceral fat in overweight adults was analysed.

The research analysed 15 studies involving 852 people and looked solely at exercise and how it can help shift this type of fat.

According to the study, moderate and high-intensity aerobic exercises was the most effective when it came to reducing visceral fat without dieting.



Studies have found aerobic exercise is effective at targeting belly fat even without diet (

Image:

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Walking

Health experts have found that brisk walking for around 45 minutes helps to mobilise the body to then dip into fat reserves and burn stored fat.

In another study published in the National Library of Medicine, the effects of walking on abdominal fat among obese women was investigated.

The research found that when obese women walked for around 50 minutes three times a week for 12 weeks, they saw, on average, a reduction of their waist circumference.

Researchers noted that the fat directly under the skin (subcutaneous) and the hidden fat within the abdominal cavity (visceral) were both significantly reduced in the walking group compared to the control group.

The importance of losing fat

“Overweight conditions bring about congestion, clogging, stoppage, and obstruction in the heart,” says Dr Haus.

“The extra fat exerts unnecessary pressure on your lungs, the heart, and other internal organs of your body, robbing it of energy.

“If you become overweight, you have heightened incidences of strokes or heart disease.”

Premature death

Major health conditions such as coronary heart disease, stroke, respiratory disease and even some cancers are all increased if you don't properly manage your weight.

Dr Haus adds: “It is well documented that heavier people die younger.

“If you have ever walked into an assisted-living facility, you will realise that the heavy-set people make up most of the patients.

“On the contrary, you will find that most people who reach the more advanced ages are slim.”

To help those looking for a skin lifting and tightening procedure for the body and face, the [Focus Dual](#) is your best option.

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The treatment allows for incredible results lifting a person's skin.

It also offers reduced discomfort and downtime compared to other devices.