

# SERIOUS

F I T N E S S

## 5 MISTAKES PEOPLE 50+ MAKE WHEN TRYING TO REMOVE STUBBORN BELLY FAT

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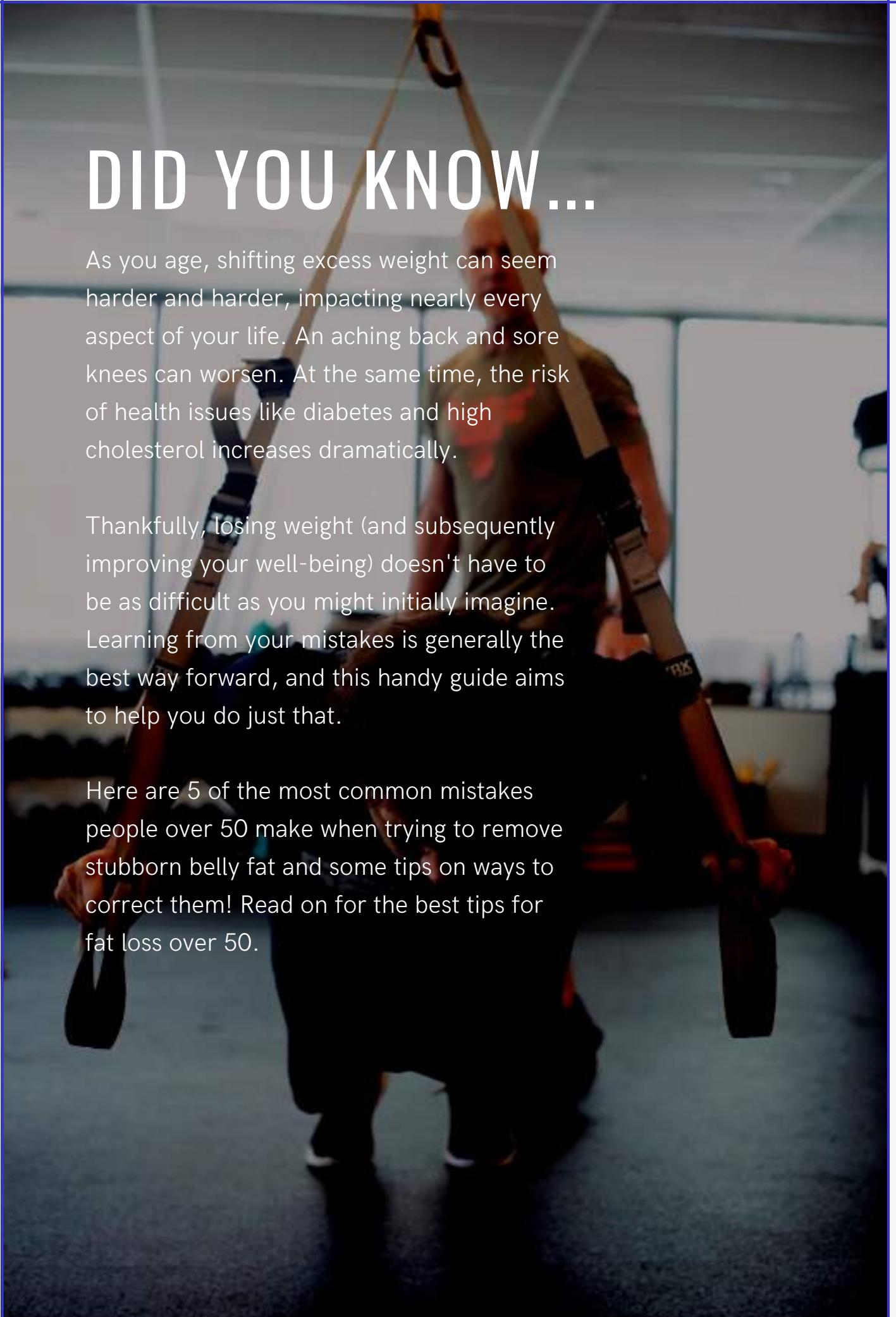


# DID YOU KNOW...

As you age, shifting excess weight can seem harder and harder, impacting nearly every aspect of your life. An aching back and sore knees can worsen. At the same time, the risk of health issues like diabetes and high cholesterol increases dramatically.

Thankfully, losing weight (and subsequently improving your well-being) doesn't have to be as difficult as you might initially imagine. Learning from your mistakes is generally the best way forward, and this handy guide aims to help you do just that.

Here are 5 of the most common mistakes people over 50 make when trying to remove stubborn belly fat and some tips on ways to correct them! Read on for the best tips for fat loss over 50.





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## MISTAKE #1. LOW PROTEIN INTAKE

Recent studies indicate that the 50+ population needs to consume between 20 to 30 grams of protein with every meal to prevent the loss of lean muscle tissue. And the less muscle we have, the more fat we gain: Muscle not only burns more calories, but it helps to control blood sugar. The less muscle you have, the higher your blood sugar — and the more of that blood sugar your body is forced to turn into fat.

### HOW TO FIX IT:

Aim to add a palm-sized protein source to each main meal and choose protein-rich snacks wherever possible. You can eat chicken breast and oily fish such as tuna or salmon, eggs, beans, and nuts.

# MISTAKE #2. STEADY STATE CARDIO

The human body is very resourceful and eventually adapts to the repetitive nature of aerobic or cardiovascular exercise that is repeatedly performed at the same intensity. This leads to our bodies becoming very efficient at burning fewer calories for the same amount of work. This means your fat loss will plateau if you do the same intensity exercise for a long time.

## HOW TO FIX IT:

Keep your exercise routine varied. Keep doing your cardio if you enjoy it, but alter the intensity and combine it with strength training.



# MISTAKE #3. MISSING OUT ON RESISTANCE TRAINING

Many studies suggest that strength training helps to retain and grow muscle mass, and it's long been known that more muscle means more calories burned at rest. So, don't make the mistake of always choosing cardio!

## HOW TO FIX IT:

Follow the guidelines for physical activity and complete a strength workout at least twice a week.

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## MISTAKE #4. AVOIDING HIIT

Many people over 50+ believe they don't have the energy for HIIT, but it's critical for successful weight loss. High-Intensity Interval Training ("HIIT") is one of your best options for burning belly fat efficiently. If you compare the amount of weight you can lose by doing steady-state cardio compared to HIIT, HIIT wins.

### HOW TO FIX IT:

Try it out. The secret here is to do it at an intensity that you feel is high. The more you do it, the more vigorously you'll be able to exercise in the future. I recommend including it twice a week.

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## #5. NOT INCLUDING COMPOUND MOVEMENTS

Relying on single joint exercises when performing a strength training workout is a big no-no. Such movements tend to isolate only one muscle, which means they do little to burn calories and belly fat. Compound movements require multiple muscle groups and joints to work together, thus burning more calories.

### HOW TO FIX IT:

Ensure the main section of your resistance training sessions starts with compound movements, including deadlifts, pull-ups, squats, and push-ups.



# WHAT NEXT?

Avoiding these common mistakes will help you master the art of burning belly fat after the age of 50! If you need support, feel free to check out other resources and courses on [www.seriouslyfit50plus.com](http://www.seriouslyfit50plus.com), or get in touch.

## QUESTIONS?

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