

The Visceral Fat Starter Plan

For anyone who wants to understand the belly fat you cannot pinch, learn their real number, and lower it with steps that are proven rather than trendy.

✓ CHECKED AGAINST CLEVELAND CLINIC AND HARVARD HEALTH

1

Know the layer

The fat you can pinch is subcutaneous. The risky fat wraps your organs and cannot be grabbed.

2

Measure your waist

35 inches or more in women, 40 or more in men, flags excess visceral fat.

3

2 to 3 months

How soon Cleveland Clinic says consistent effort tends to show fat loss.

1. Measure, Do Not Guess

You cannot see or feel visceral fat, so use numbers.

WHY THIS WORKS

Cleveland Clinic says body shape and measurements are the best indicators. A waist of 35 inches or more in women, or 40 or more in men, signals excess visceral fat, and your waist should stay under half your height.

SOURCE: CLEVELAND CLINIC, VISCERAL FAT

DO THIS WEEK

- ☐ Wrap a tape measure just above your hip bones
- ☐ Keep your waist under half your height
- ☐ Recheck monthly, not daily

2. Move Most Days

The deep fat responds to ordinary activity.

WHY THIS WORKS

Cleveland Clinic recommends at least 30 minutes of exercise a day, 5 days a week, using cardio or strength training. It notes visceral fat is actually easier to lose than the fat under your skin.

SOURCE: CLEVELAND CLINIC, VISCERAL FAT

DO THIS WEEK

- ☐ Pick an activity you will repeat
- ☐ Aim for 30 minutes, 5 days a week
- ☐ Add 2 short strength sessions

3. Eat, Sleep and Unwind It Down

Diet, sleep and stress all move the deep fat.

WHY THIS WORKS

Cleveland Clinic points to the Mediterranean and DASH eating patterns, enough quality sleep, and lower stress, because the stress hormone cortisol tells your body to store more visceral fat. Limiting alcohol helps too.

SOURCE: CLEVELAND CLINIC, VISCERAL FAT

DO THIS WEEK

- ☐ Build meals around vegetables, fish and whole grains
- ☐ Protect 7 to 9 hours of sleep
- ☐ Trim alcohol and manage stress

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Visceral Fat · <https://my.clevelandclinic.org/health/diseases/24147-visceral-fat>

Cleveland Clinic, Subcutaneous Fat · <https://my.clevelandclinic.org/health/diseases/23968-subcutaneous-fat>

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