

Published based on [Do You Want a Six Pack?](#)

Do You Want a Six Pack?

The ultimate goal in many fitness circles is a flat ripped stomach or 'six pack'. A six pack gives you a healthy athletic look that everyone will envy. Have a flat belly with [six pack abs](#)! Six pack abs creates instant attention in places like beach,swimming pool,gym e.t.c....

Your stomach contains two types of fat. One is called subcutaneous fat which is directly below the abdominal skin and on top of abdominal muscles, this fat makes your abs invisible. The other type of fat is visceral fat which is deeper beneath the muscles. This fat causes that 'beer belly' appearance in men. This fat causes your belly protrudes giving a pot belly appearance. Both types of fat are risk factors which cause heart problems, diabetes, high blood pressure... Abdominal fat reduction should be a priority in our lives, for us to remain healthy and fit and to make us look great!

If you combine the right diet and exercise workouts it is possible to have [six pack ab](#). You have to be patient and willing to work hard to reach your goals but just think how incredible you will feel!

I used to have a pot belly that attracted lot of humorous and some insulting comments from my friends and family. I tried to take it in stride though deep down I was really upset. Now I am thankful that this happened because it inspired me to change how I live. My doctor helped me plan my fat loss program. Because I am in my late fifties my doctor helped me specialize my workouts.

I workout early in the morning. I do [weights](#),treadmill and use an stationary bike. Before I start exercising , I always do a light warm up. This takes about ten minutes. My doctor recommended a protein rich, low fat, high fibre diet plan which is suitable for my age and condition. In the beginning it was hell, it seemed that every part of my body ached. sometimes I was tempted to quit. I carried on I was so determined to lose that fat. Once I got past the initial adjustment period, I started feeling better and my workouts became more manageable. After three months I saw the results of my workouts. This was the best motivation to continue. I gradually added new exercises into my routine. It is nine months since I started working out and my pot belly is very close to being gone. I can't believe the difference in how I look and feel. I can see my abdominal muscles!

Any fat loss program takes time, don't expect it to happen over night or you will be disappointed. If you are persistent and patient you will reach your goals! Unfortunately acquiring [fat](#) is easy, getting rid of it is harder. Keep working at it and you will win the battle of the bulge! Try to remove negative thoughts from your mind. Stay away from people you will try to sabotage your efforts. Picture in your head what you would like to look like when you are at your goal. Whenever you want to give up bring this picture into your head and push yourself. You are battling for your life! If you have a lot of extra weight particularly on your stomach it could literally kill you! Write a list of things that you want to stick around for and fight for them!

Remember anybody with determination, patience and dedication can attain six pack abs!

To stay fit check out this blog about [weight loss](#)!

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