**4 Moves to Reduce Side Fat**

Side fat also known as love handles isn’t something that most people want to have. These bands of fat can make it difficult to buy clothes that fit properly. Have you ever been to the store and tried on the perfect pair of jeans that fit amazing? Then you get to top and can’t button them?

Having love handles isn’t just an inconvenience involving a pair of jeans, but having fat along the stomach increases the chance of a person of developing cardiovascular diseases and diabetes. People who have muffin tops, overweight or not, have higher risk of dying from heart diseases.

There are ways you can eliminate side fat. So say goodbye to those love handles with a few little tweaks to your diet and start doing workout routines below.

**Eat Clean and Lean - Think Protein**

Some experts say that losing weight and toning your body has a lot to do with the food that you eat – much more than it does with exercise. The simple truth is that it will be easier to lose your muffin top if you lose weight, so instead of indulging in a plate full of potatoes and rice - try to include more protein in your diet.

Protein gives you energy throughout the day. Eating more protein goes hand in hand to losing weight because it helps you feel full and satisfied for longer.

There are a few moves that you can do that will help you with those love handles though. Check them out below:

**Press and Reach - Obliques –**

http://d26j9nk90wf3d1.cloudfront.net/wp-content/uploads/oblique\_press\_reach1.jpg

Kneeling on your left knee with your right leg in front of you - feet flat on the floor and on a 90 degree angle - bend your body while raising your arms straight up in the air. Pull back to the original position using only the effort of your oblique muscle.

**Side Plank Crunch**

With your right elbow supporting the weight of your body turned to the side, bring your right foot in front of you - making sure that your core is tightened throughout. Pull you knee towards the chest and bring back the leg to its original sideways plank position.

Not sure how to do this move – check out this image:

http://d26j9nk90wf3d1.cloudfront.net/wp-content/uploads/side\_plank\_crunch1.jpg

**Floor Exercises Using an Exercise Ball**

Familiar with bicycle crunches? This exercise is similar yet more rigorous. Lie on the floor with your back and spine flat on the floor. Pull the right knee up to your chest while holding the ball in your left hand. Move the ball through your right knee with your right hand forming an 8 figure.

Here is an image to help you perform this move:

http://d26j9nk90wf3d1.cloudfront.net/wp-content/uploads/pass\_ball\_obliques1.jpg

**Circular Obliques**

A twist on the classic - in a standing position, pen your legs wider - about shoulder width apart. Extend your arms straight up as far as you can. Bend the body to the right as much as you can. Do the same for the other side.

Visuals help so much more, so here is an image of how this is done:

<http://d26j9nk90wf3d1.cloudfront.net/wp-content/uploads/around_world1.jpg>

Here are only 4 moves that will help you get rid of your love handles. Do them consistently and you’ll notice a difference. Don’t forget to eat more protein and less saturated fat.