**4 Ways to Shed Face Fat**

Similar to body shapes, the face also differs in size and shape. There are people who want to get rid of their chubby cheeks and double chin. After all, a difference between a healthy face and one makes you feel unattractive because of the excess fat.

The key to shedding face fat is to work the whole face not targeted facial exercises because they never work all on their own. If you do this it is like trying to only exercise your abs with sit-ups, there is no way you would get defined abs by doing multiple sets per day alone. It would strengthen the muscles in the area, but fat would still lay on top of it.

In order for facial exercises to work, you need to tweak your lifestyle as well. Little by little - through the steps below you’d start to see a stark difference in the plumpness of your face:

**Stay Away From Alcohol And Salty Foods**

There is nothing wrong with having your favorite cocktail and a handful of bar snacks once in a while. It is a great treat after a long day of work. Plus, if you want to have a slimmer looking face your best bet is to stay away from alcohol and salt. Both will dehydrate the body and make your face look bloated.

**Turn To Strength Training**

Losing weight is mostly about controlling your food intake. But exercise plays an important role for more than just burning calories. Strength training increases your muscle mass.

It also helps boost your metabolism making it easier for your body to burn fats.

**Hydrate Regularly**

Sticking with water is a great way to lose weight and if you want less of your chubby cheeks - shedding some of the weight is the way to go. Not only that, but it is way better to drink than the sugary drinks.

Being dehydrated also causes water retention and by retaining water it makes the face bloated.

**Choose Protein Instead of Carbohydrates**

Indulging in sugary and salty snacks and meals is a quick way to weight gain. In order to avoid feeling deprived of food, choose healthier options like vegetables, lean protein and fruits. This way you feel full for longer and you get the nutrients you need to get you through the day.

**Choose the Right Hairstyle**

You might be surprised, but your hairstyle makes a big difference. Having a slimmer more defined face starts with your diet. Keeping your body fit and healthy shows on the outside. In order to highlight your weight loss even further, choosing the right hairstyle is imperative. Determine your face shape and ask professionals about the right hair cut for it.

Unfortunately there is no magic cure to shed cheeks that are larger than they are supposed to be. Exercise and eating right is the best way to get rid of them. Start small and go from there.