**5 Side Fat Burning Tricks**

It can be terribly frustrating to religiously follow an exercise plan and see that your love handles have remained in place. Unfortunately, side fat is the first to appear and last to go. These unsightly lobs of fat ruin outfits and can make anyone become frustrated and exasperated with the whole fitness and weight loss journey.

In order to effectively get rid of these for good, a combination of good nutrition and rigorous exercise is needed. You can't simply workout everyday and expect results if you continuously feed your body garbage. But this also means that you can just eat healthy but maintain a sedentary lifestyle and expect results.

**Take Note of Your Calorie Intake**

One way to get rid of side fat is to eat less calories. The best thing you can do to kickstart the process is to keep track of the calories that you eat. Also be aware of when you binge eat. This will help you determine your triggers. This way you can prevent yourself from overeating in the future because you’ll be conscious of the things that make you turn to food. Knowledge is power.

**Do Not Drink Your Calories**

Did you know that a glass of soda every day for a month is equivalent to five pounds of sugar? If you are trying to lose weight and make those love handles disappear, that glass is obviously holding you back.

For hydration, stick to an old reliable - a glass of ice water.

**Think Smaller Portions**

What you eat is as important as how much and how often you eat. Eating smaller portions of the right meals frequently can do wonders for your metabolism. Instead of waiting until you are starving to eat make sure that you are eating more often, but smaller portions

**Aside From Targeted Exercise, You’ll Need Cardio! Cardio! Cardio!**

Burning calories is at the core of losing belly fat. The less fat you have, the less the fat will settle along your belly. Try running or walking. These simple workout routines can vastly reduce your side fat without taking too much time away from your day to day activities.

**Make Good Use of that Exercise Ball**

Planks are difficult for beginners. The same side fat burning routines can be done on an exercise ball without as much stress and difficulty. Lie on the ball and make sure your lower back is supported properly. Then lift your torso off the ball by contracting your abs.

Getting rid of side fat is essential for optimal health; however, that is easier said than done as you get older. You start getting set in your ways and it is extremely hard to change habits. It doesn’t have to be done overnight – pick one habit and stick to it. Then move onto the next.