

# 5 Seemingly Normal Habits that Make It So Hard to Get Rid of Belly Fat

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Most of us agree that belly fat is so stubborn to get rid of. When it comes to the struggle of losing belly fat, there are actually several reasons why it is so difficult. Read along to find out **why it is so hard to get rid of belly fat** and you can start from there.

1. Frozen meals, meal bars, and packaged snacks.

Here is the first cause you are not losing belly fat: processed foods. Either it is salty or sweet, processed foods can add the fat on your waistline. The sodium will bloat your belly, while the sugar will be stored as fat. A study suggests that people who consume snacks high in fat and sugar are likely to have more belly fat than those who ate well-rounded meals in the same total calories.

2. Focusing only on crunches

Doing an exercise is good to your plan of losing belly fat, but targeting only part of the body will not do much to shed the fat in that area. Crunches build muscle, but it will remain hidden beneath the fat. So, focus on total-body movements that also build up your abdominal muscles.

3. Not enough sleep

Frequently staying up late at night can be the **reason why you are not losing belly fat**. When you sleep, your body burns calories in resting state. So, short on sleep can lead to weight gain, especially on your belly. Besides, not getting enough sleep can lead to overeat since you will likely to feel hungry late at night. Stop the habit right away and get at least six to seven good night sleep.

4. Lifting weights instead of cardio

Lifting weight is a kind of strength training that focuses building muscle rather than burning fat at rest. Instead of lifting weights, do cardio instead. Aerobic exercise is more effective to burn those calories on stored fat.

## 5. Consuming good fats.

Consuming healthy unsaturated fats such as nuts and avocados can help with weight loss as it makes you feel full, thus suppress appetite. However, it can backfire and be the **reason why you have not been able to losing belly fat** if you are doing it wrong. If you overdo eating the good fat, you will likely to store more calories instead. So, make sure to measure out how much you eat. An ounce of nuts is enough for a one time snack.

Now that you know what **cause you haven't been able to get rid belly fat**, all you need to do is stop these habits. I believe your struggle will reap a good result soon.