

The waist can increase by 0.7 cm per year. This is especially noticeable for women. Fortunately, this type of fat is easily burned due to a change in lifestyle. This was said by Jozy Porter, senior nutritionist Simple Life App.

**Adding protein to dishes.** It is important to make a diet based on high -quality protein sources. These are eggs, Greek yogurt, fish and lentils. Thanks to this, you will maintain muscle mass, increase the burning of calories during digestion. Try to also consume for one meal of 20-30 g of protein.

**Increase thermogenesis without physical exercises.** Walking during a telephone conversation, standing during work, stretching or walking can significantly improve fat metabolism. This is especially useful to reduce the amount of visceral fat, to increase sensitivity to insulin.



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**Improving the intestinal microbioma.** Prebiotics feed beneficial intestinal bacteria,

increase the production of short -chain fatty acids (SCFA). This helps regulate blood sugar, supports the GLP-1 hormone, which plays a major role in the regulation of appetite and metabolism.

**Sufficiently.** It is important to go to bed in a cool and dark room, to lay down devices emitting blue light before going to bed. Try to sleep as a whole for seven to nine hours.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***