

Men and Belly Fat

The Risks and the Remedies

When it comes to men's health, not all fat is created equal.

Fat around the gut—called visceral or abdominal fat—contributes to a greater risk for:



Heart conditions

Including atrial fibrillation and cardiovascular disease



Diabetes



Cancer



Dementia



Stroke



To blast belly fat, try these methods:



Rethink your drink

and opt for sparkling water or mocktails instead of alcohol. If you do drink, limit yourself to two drinks per day.



Avoid too much sitting

by breaking up time at your desk or on your couch with movement.



Crank up your workouts

with a mix of aerobic activity, like brisk walking and strength training.