

## Discover The Ultimate Way To Lose Weight Fast And Melt Away Fat For Good

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Wednesday, 18 November 2009  
Last Updated Wednesday, 18 November 2009

Can you lose 20 pounds of weight in 3 weeks and it is healthy? Of course, but again, much of it is losing excess body fluid. If you are seeking to lose belly fat, then losing 2 to 3 pounds per week is probably the best goal. You can consistently lose 2 to 3 pounds of fat per week by reducing your calories, and adding a little exercise to help you burn more calories. If you can, use a combination of both aerobic exercise, and resistance exercise. The aerobic exercise will get your heart pumping, and burn calories right now. The resistance training will increase your overall muscle mass, which requires more energy, burning more calories, and helping you to lose weight.

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