



How To Get a Slim Stomach In a Month?

1. Reduce Your Calorie Intake

Reducing the calorie intake helps shift your body to the weight loss mode. Scientists have found that reducing calories can help men and women lose weight fast

However, you must lower your calorie intake gradually. Give your body time to adjust. Cut down 500 calories in the first week. If you consume 2200 calories now, consume 1700 calories in the first week. Reduce 500 calories more in the second week and bring it down to 1200 calories. Be on the 800-calorie diet (a very low-calorie diet or VLCD) in the last two weeks.

