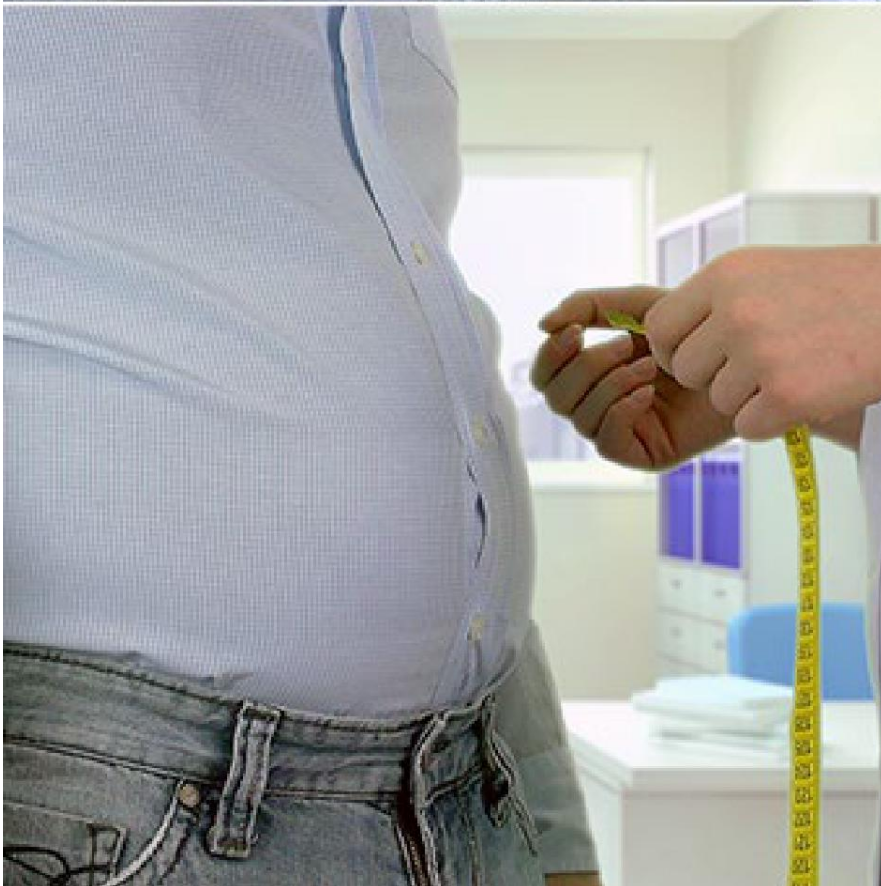
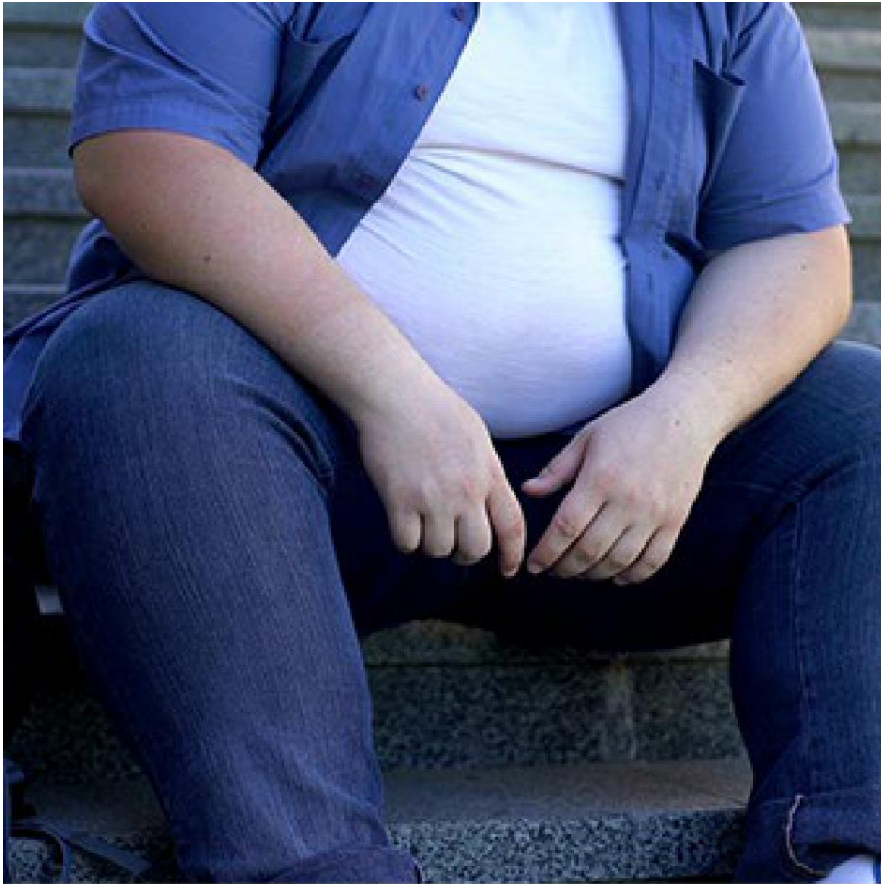




## Belly Fat in Men



### Overview

Many overweight men carry their extra weight in the belly area. If you have a lot of belly fat, you may think it's harmless. But your tendency to gain weight in the belly area means you have a higher risk for some health problems. Let's learn more about what belly fat means for you.

### Visceral fat

When you have extra belly fat, you also have extra fat deeper in your abdomen. We call this "visceral fat." You can't see it or pinch it. It fills the spaces between your internal organs. Visceral fat is bad for you. It's linked to health problems like cardiovascular disease and high blood pressure. It raises your risk for type 2 diabetes. It's also linked to issues like sleep apnea and colorectal cancer.

### How to lose it

If you have too much belly fat, you can lose it by adopting a healthier lifestyle. Make healthy food choices, and make sure your portions aren't too large. Skip sugary drinks. Try to exercise every day. Choose aerobic activities. These are things, like brisk walking or swimming, that get your heart beating. Consider doing some strength training, too.

### Conclusion

Losing belly fat takes time and effort, but you can do it. Ask your doctor for more information about adopting a healthier lifestyle.