

Published based on [Habits which Counteract Your Efforts to Strengthen Your Abs](#).

Habits which Counteract Your Efforts to Strengthen Your Abs

We all really want stronger, firmer, prettier ab muscles. This is among the reasons that we spend so much time exercising and freaking out over any hint of a possible muffin top. Sadly, even if you spend time at the gym daily in an effort to stay toned and fit, there are some things that you are probably doing that is making it harder for you to reach your goals. In this article we are going to look more closely at exactly what you could be doing to keep your belly flabby.

Do you view a lot of television? Obviously occasionally lying on the couch and watching a few shows is exactly what you need to do to feel better about something. Perhaps you could have had a bad day, maybe you're under lots of stress, maybe you need a day to relax. At the same time new studies indicate that people who spend more than two hours per day sitting and watching television are ten percent more likely to have weak muscles in their back and in their abdomen. The absolute best way to counteract this is to get your exercise in, in front of the tv. Obviously it will work a lot better if you are likely to be exercising at home.

How oftentimes do you allow your pressure levels to reach their breaking point? If you function in a highly stress filled job or your home life is exceedingly stressful, this could be counteracting the work that you put in when you exercise. People who may have chronic stress or worry troubles tend to pack on extra belly fat. Learning the right way to relax yourself or keep your tension levels at a manageable level will help with this. There are several great deep breathing strategies that can help you keep your stress levels manageable during the day.

Snacking later on during the night can also contribute to a fluffy midsection even while you get in your required workout every day. Snacking and going straight to bed means that your meals are more likely to merely be stored for when you need it. When we sleep all of our bodily systems slow down and that means that your body won't be as likely to burn of what you have eaten in a timely manner. Try to keep the snacking to a bare minimum and stop at least a couple of hours prior to deciding to head to bed.

There are some who'll tell you that you should keep away from bread if you want to keep your abs in good shape. This is absolutely up to you--studies have proven that bread may be both good for your energy and nutrition levels and studies that show bread does nothing but make you fat. Ask a family doctor which advice and information is most relevant to you as well as your body.

Keeping our abdominal muscles strong will involve more than only working out for an hour every day. You have to be vigilant even when you aren't at the gym. Watch what you consume, when you eat it and try to keep stress low.