

Best Exercise To Lose Stomach Fat

== Types of dance in Nigeria == 44d17bd8e8 Spurlock ate at McDonald's restaurants three times a day, consuming every item on the chain's menu at least once. Spurlock claimed to have consumed an average of 20.9 megajoules or 5,000 kcal (the equivalent of 9.26 Big Macs) per day during the experiment. He also walked about 2 kilometers (1.5 miles) a day. An intake of around 2,500 kcal within a healthy balanced diet is more generally recommended for a man to maintain his weight. At the end of the experiment... 44d17bd8e8 == 1900 to 1920 == 44d17bd8e8 The film prompted widespread debate about American eating habits and has since come under scrutiny for the accuracy of its science and the truthfulness of Spurlock's on-camera claims. 44d17bd8e8

Gastroesophageal reflux disease reflux disease (GORD) is a chronic upper gastrointestinal disease in which stomach content persistently and regularly flows up into the esophagus, resulting Gastroesophageal reflux disease (GERD) or gastro-oesophageal reflux disease (GORD) is a chronic upper gastrointestinal disease in which stomach content persistently and regularly flows up into the esophagus, resulting in symptoms and/or complications. In the long term, and when not treated, complications such as esophagitis, esophageal stricture, and Barrett's esophagus may arise. Symptoms include dental corrosion, dysphagia, heartburn, odynophagia, regurgitation, non-cardiac chest pain, extraesophageal symptoms such as chronic cough, hoarseness, reflux-induced laryngitis, or asthma 44d17bd8e8

== Description == 44d17bd8e8 Metabolism comprises the processes that the body needs to function. Basal metabolic rate is the amount of energy per unit of time that a person needs to keep the body functioning at rest. Some of those processes are breathing, blood circulation, controlling... 44d17bd8e8 In morbidly obese people, bariatric surgery is the most effective treatment for weight loss and reducing complications. A 2021 meta-analysis found that bariatric surgery was associated with reduction in all-cause mortality among obese adults with or without type 2 diabetes. This meta-analysis also found that median life-expectancy

was 9.3 years longer for obese adults with diabetes who received bariatric surgery as compared to routine (non-surgical) care, whereas the life expectancy gain was 5.1 years for obese adults without diabetes. The risk of death in the period... 44d17bd8e8

20th century women's fitness culture Exercise was promoted to lose weight The 20th century saw multiple trends and changes in women's fitness culture. (similarly to white) women with healthy, fit bodies were associated with being patriotic, comely, trustworthy, and affluent 44d17bd8e8

Risk factors include obesity, pregnancy, smoking, hiatal hernia, and taking certain medications. Medications that may cause or worsen the disease include benzodiazepines, calcium channel blockers, tricyclic antidepressants, NSAIDs, and certain asthma medicines. Acid reflux is due to poor closure of the lower esophageal sphincter, which is at the junction between the stomach and the esophagus. Diagnosis among those who do not improve with simpler measures may involve gastroscopy, upper GI series, esophageal pH monitoring, or esophageal manometry. 44d17bd8e8 In February 2011, the United States Food and Drug Administration (FDA) expanded approval of adjustable gastric bands to patients with a BMI between 30 and 40 and one weight-related medical condition, such as diabetes or high blood pressure. However, an adjustable gastric band may be used only after other methods such as diet and exercise have been tried. 44d17bd8e8 Weight loss typically occurs when fewer calories are consumed than is expended by daily activities, physiological processes and physical exercise (known as a caloric deficit). If enough weight is lost due to a reduction in body fat, an individual may move from being overweight (25.0-29.9) or obese (30+) into a healthy weight range (18.5-24.9); however, continued weight loss beyond this point can lead to becoming underweight (< 18.5). 44d17bd8e8

Adjustable gastric band The inflatable band is placed around the upper part of the stomach to create a smaller stomach pouch. This slows A laparoscopic adjustable gastric band, commonly called a lap-band, A band, or LAGB, is an inflatable silicone device placed around the top portion of the stomach to treat obesity, intended to decrease food consumption. such as diet and exercise have been tried 44d17bd8e8

Adjustable gastric band surgery is an example of bariatric surgery designed for obese patients with a body mass index (BMI) of

40 or greater—or between 35 and 40 in cases of patients with certain comorbidities that are known to improve with weight loss, such as sleep apnea, diabetes, osteoarthritis, GERD, hypertension (high blood pressure), or metabolic syndrome, among others.

I Used to Be Fat Each episode follows I Used to Be Fat is an MTV reality series about overweight teens striving to achieve weight loss through means of diet and exercise. The trainer teaches them new exercise and eating habits over a few months while offering emotional support. Documented students share their personal trials and tribulations in the series. Each episode follows one teenager who is paired with a motivational personal trainer. I Used to Be Fat is an MTV reality series about overweight teens striving to achieve weight loss through means of diet and exercise

Weight loss If enough weight is lost due to a reduction in body fat, an individual may move from In medicine, health, or physical fitness, weight loss is a reduction of the total body mass, by a mean loss of fluid, body fat (adipose tissue), or lean mass (namely bone mineral deposits, muscle, tendon, and other connective tissue). physiological processes and physical exercise (known as a caloric deficit). Weight loss can either occur unintentionally because of malnourishment or an underlying disease, or from a conscious effort to improve an actual or perceived overweight or obese state. "Unexplained" weight loss that is not caused by reduction in calorific intake or increase in exercise is called cachexia and may be a symptom of a serious medical condition

Basal metabolic rate It is reported in energy units per unit time ranging from watt (joule/second) to ml O₂/min or joule per hour per kg body mass J/(h·kg). cardiovascular exercise, while previously thought to have effect on BMR, has been shown in the 1990s not to correlate with BMR when adjusted for fat-free body Basal metabolic rate (BMR) is the rate of energy expenditure per unit time by endothermic animals at rest. These criteria include being in a physically and psychologically undisturbed state and being in a thermally neutral environment while in the post-absorptive state (i. , not actively digesting food). Proper measurement requires a strict set of criteria to be met. This makes BMR a variant of standard metabolic rate measurement that excludes the temperature data, a practice that has led to problems in defining "standard" rates of metabolism for many mammals. It follows

the same criteria as BMR, but requires the documentation of the temperature at which the metabolic rate was measured. e. In bradymetabolic animals, such as fish and reptiles, the equivalent term standard metabolic rate (SMR) applies 44d17bd8e8

Dance culture in Nigeria body, in a rhythmic fashion to hip-swinging. Cultural dance is a special type of dance that is shared by a community for specific uses and meanings. Dance culture is the way of expressing an idea, emotion or releasing energy. Dance in Nigeria is a culture that unifies the people and also tells the people's stories. It is mainly used for entertainment, exercise, to lose weight, shed baby fats, and stay healthy through weekly Dance culture in Nigeria, also regarded as cultural dances, is among the varying cultures and traditions of Nigerians. These include rituals, ceremonies like marriage and birth, paying respect to ancestors, or simply for enjoyment 44d17bd8e8

Treatment options include lifestyle changes, medications,... 44d17bd8e8 == Working principle == 44d17bd8e8

Bariatric surgery The outcome is typically a significant reduction in BMI. absorption of carbohydrates, fats, calories, and protein. Long-term weight loss with bariatric surgery may be achieved through alteration of gut hormones, physical reduction of stomach size, reduction of nutrient absorption, or a combination of these. The efficacy of stomach reduction surgery varies Bariatric surgery (also known as metabolic surgery or weight loss surgery) is a group of surgical procedures used to manage obesity and related conditions. Standard of care procedures include Roux en-Y bypass, sleeve gastrectomy, and biliopancreatic diversion with duodenal switch, from which weight loss is largely achieved by altering gut hormone levels responsible for hunger and satiety, leading to a new hormonal weight set point 44d17bd8e8

== Episodes == 44d17bd8e8

Treadmill In later times, treadmills were used as punishment devices for people sentenced to hard labour in prisons. "What Is the A treadmill is a device generally used for walking, running, or climbing while staying in the same place. no. ",. Retrieved 2012-02-29. "Can You Lose Stomach Fat On A Treadmill. Peyman, Brooke (March 31, 2011). Retrieved 2014-07-22. Livestrong. Treadmills were introduced before the development of powered machines to harness the power of

animals or humans to do work, often a type of mill operated by a person or animal treading the steps of a treadwheel to grind grain. The terms treadmill and treadwheel were used interchangeably for the power and punishment mechanisms. com 44d17bd8e8

Super Size Me The film documents the drastic change on Spurlock's physical and psychological health and well-being. In his reply documentary Fat Head, Tom Naughton Super Size Me is a 2004 American documentary film directed by and starring Morgan Spurlock, an American independent filmmaker. Spurlock's film follows a 30-day period from February 1 to March 2, 2003, during which he claimed to consume only McDonald's food, although he later disclosed he was also abusing alcohol. and did not exercise, and that the results would have been the same regardless of the source of overeating. It also explores the fast food industry's corporate influence, including how it encourages poor nutrition for its own profit and gain 44d17bd8e8

There are different types of dance in Nigeria which includes: 44d17bd8e8 1.The bata dance: This is the mostly danced amongst the Yoruba people of south western Nigeria. The bata dance can be performed as a part of festival or dance performance or used to dethrone or enthrone a king. It can also be said to be a cultural festival that serves as a means of entertaining people. Bata dance is an important part of entertainment because it encompasses different moves and stunts. It can be danced by both the males and the females in the Southwestern part of Nigeria, where it is popularly known. There are three main type of drums used during the bata dance, and these are what... 44d17bd8e8 More recently, treadmills have instead been used as exercise machines for running or walking in one place. Rather than the user powering a mill, the device provides a moving platform with a wide conveyor belt driven by an electric motor or a flywheel. The belt moves to the rear, requiring the user to walk or run at a speed matching the belt. The rate at which the belt moves is the rate of walking or running. Thus, the speed of running may be controlled and measured. The more expensive, heavy-duty versions are motor-driven (usually by an electric motor). The simpler, lighter, and less expensive versions passively resist the motion, moving only when walkers... 44d17bd8e8 Several episodes of the show have covered a high school student's last summer before college. These students expressed a desire for a metamorphosis before they start their new lives away from home. 44d17bd8e8

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