



Will ab exercises shrink your belly?

Sit-ups and crunches can give you stronger ab muscles. But, do they give you a leaner and slimmer belly?

Experts say that toning and strengthening your core is an important part of being fit. Your ab muscles help support your body and back. They help you reach things off a shelf, throw a ball, climb a ladder, and other everyday tasks. Weak ab muscles can lead to back pain and other injuries.

But ab exercises alone will not give you a flat belly. To get a slimmer middle, you must burn calories and fat through aerobic exercise. The Centers for Disease Control and Prevention recommends 150 minutes per week of moderate aerobic activity. This includes walking, biking, dancing, and other activities that raise your heart rate. These exercises, along with a healthy diet, can help you lose overall body fat. This will help shrink your middle and improve your health.