

THE BELLY BUSTER PLAN

4 SIMPLE TIPS TO HELP REDUCE STUBBORN BELLY FAT

MAX STRENGTH FITNESS



WELCOME

Hey! I'm really glad you're here.

If your midsection has been the one thing that just won't budge... even though you've cleaned up your habits, stayed consistent, and put in the effort... you've come to the right place.

It's one of the most common sticking points I see with clients that come in... and one of the most misunderstood.

Most people are told to eat less, move more, and push harder...

But if your body is already under a lot of stress, *that approach can backfire*.

WELCOME

Belly fat is largely driven by what's happening behind the scenes:

- How your body is handling stress day to day
- Whether you're actually recovering from your workouts
- How your sleep is affecting your hormones
- And how your nutrition is structured overall

When those aren't dialed in, your body holds onto fat — especially around your midsection.

This guide breaks it down into **four clear steps** so you can start seeing progress without burning yourself out!



LET'S DIVE IN,

JEFF TOMASZEWSKI

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WHY BELLY FAT IS DIFFERENT



Belly fat isn't just about how your clothes fit.

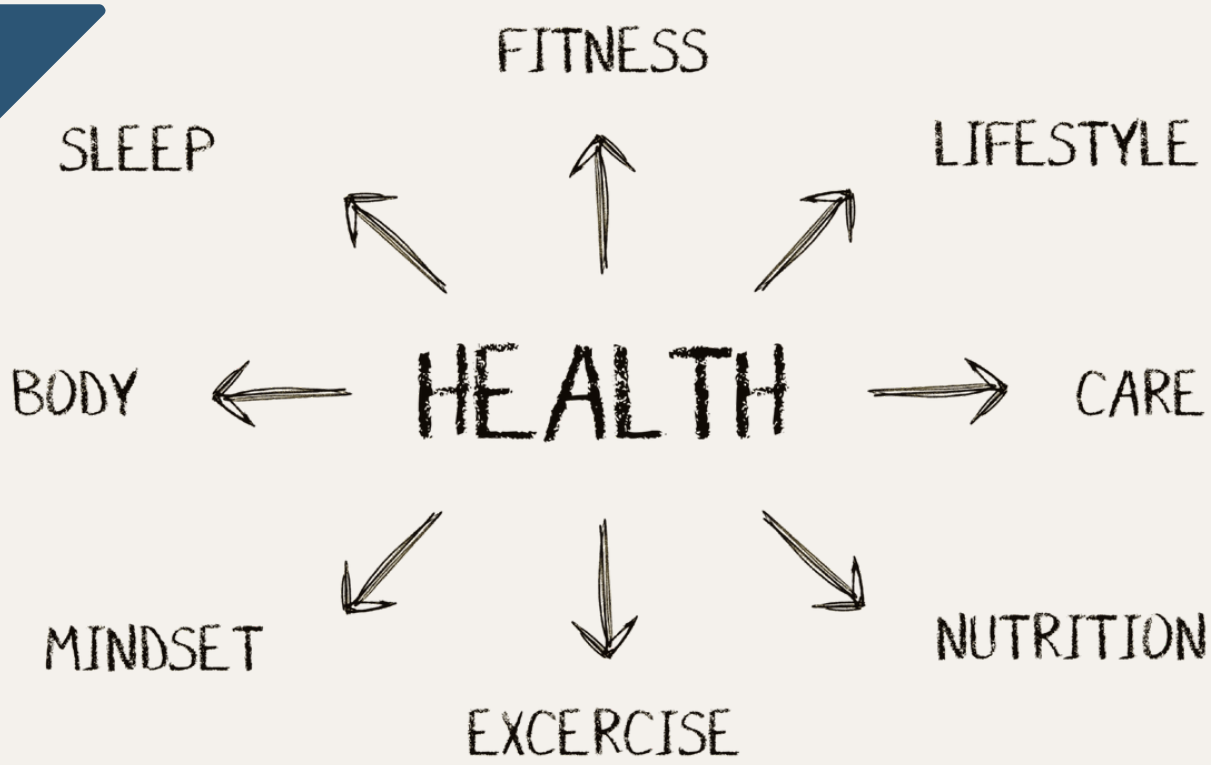
Fat stored around the abdomen, especially visceral fat (which is stored around your organs), is more metabolically active than fat stored in other parts of the body.

This is a big deal, because it’s linked to:

- Increased inflammation
- Insulin resistance
- Higher risk for heart disease and metabolic conditions

Plus, it tends to be more stubborn than fat in other areas.

Most importantly, belly fat is a signal that multiple systems in your body need support.



WHY BELLY FAT IS SO HARD TO LOSE

Many people do "all the right things" and *still* struggle with belly fat because:

- Chronic stress elevates cortisol, which encourages your body to store fat in your midsection
- Poor sleep disrupts hunger and fullness hormones
- Muscle loss slows metabolism
- Blood sugar swings promote fat storage
- Overtraining (too much cardio, not enough recovery) backfires by keeping cortisol elevated

This is why spot training... like doing tons of crunches and planks... doesn't work, and why eating less and exercising more often leads to frustration instead of results.

WHY IT TAKES A MULTI-PRONGED APPROACH

Belly fat responds best when you support all of the following:

- Metabolism
- Hormones
- Building or maintaining muscle
- Stress management and recovery

Ignoring any one of these slows progress in the others.

That's where the Belly Fat Buster 4-Step Plan comes in.



THE BELLY BUSTER PLAN



STEP 1: TRAIN SMART (NOT JUST MORE)

Strength training and high-intensity movement help improve insulin sensitivity, preserve muscle, and increase calorie burn... all essential for reducing belly fat!

High-intensity interval training (HIIT) can be especially effective at reducing abdominal fat when used strategically & paired with proper nutrition & recovery.

What to focus on:

- Strength training for 20 minutes, twice a week
- Walking or low-intensity movement most days
- Short bursts of HIIT can be effective for reducing abdominal fat, but only when paired with proper recovery (1-2 sessions/week is plenty)

What to avoid:

- Long daily cardio sessions
- Daily HIIT or high-intensity work
- Training harder while ignoring sleep and nutrition

👉 **MORE WORKOUTS ≠ BETTER RESULTS. SMARTER TRAINING DOES.**

STEP 2: EAT TO SUPPORT FAT LOSS

Why this matters:

When you keep blood sugar stable with fiber- and protein-rich foods in appropriate portions, your body is more likely to release stored fat instead of holding onto it.

What to focus on:

- Protein at every meal
- Vegetables or fiber-rich foods at most meals
- Balanced portions of carbohydrates and fats
- Reducing mindless snacking and liquid calories

Example: A meal with grilled chicken, roasted vegetables, and a small sweet potato keeps blood sugar stable and supports fat loss better than a granola bar or smoothie with the same calories.



👉 **KEEP IN MIND: EVEN THE HEALTHIEST FOODS CAN SLOW FAT LOSS IF PORTIONS ARE OVERSIZED.**

STEP 3: SLEEP TO BALANCE HUNGER HORMONES



Poor sleep increases hunger hormones (ghrelin) and decreases fullness hormones (leptin), making step 2 (nutrition) much harder to follow.

When you're sleep-deprived:

- Cravings increase
- Portion control feels harder
- You might notice cravings for "quick-hit" processed foods
- Belly fat becomes more stubborn

What helps:

- Aim for 7–9 hours of sleep
- Keep bed and wake times consistent
- Create a short wind-down routine before bed
- Reduce late-night screens and stimulation

👉 **BETTER SLEEP MAKES BETTER CHOICES EASIER.**

STEP 4: CALM THE "STRESS RESPONSE"

Chronic stress keeps the stress hormone cortisol elevated, signaling your body to store fat (especially around the belly) as a protective response.

Focus on:

- 5–10 minutes per day of intentional stress reduction
- Deep breathing, walking, journaling, prayer, or quiet time
- Reducing constant "go-mode" when possible

👉 **IT'S NOT ABOUT COMPLETELY ELIMINATING STRESS, BUT FINDING TOOLS TO RECOVER FROM IT.**



HERE'S WHAT SOME OF OUR CLIENTS ARE SAYING...

JoAnne Roberson

"I am so grateful for how my quality of life has improved since working with MaxStrength Fitness. Most gyms are overstimulating, whereas MSF is quiet and clean with only a few people there at a time. I love how the awesome trainers are positive and encouraging with just the right amount of push. I appreciate their personalized workout program that they adapt to my specific needs. I like that the workouts are brief but effective and I can easily commit to fitting them into my life with consistency. I've only been working out there for a few months and am pleased with the results. They have helped me recover from several injuries. I'm gaining more toned muscles, strength, stamina, flexibility, and agility to improve my life. Thanks MaxStrength Fitness!!"

Vasa Selupe

"I've been training at MaxStrength Fitness for about a month now and it's been a really positive experience working with the trainers. Before I started, I struggled a lot with my form and would often get headaches during and after workouts. The MSF trainers helped me slow things down, focus on my breathing, and really pay attention on controlling my movements.

Glad to say I have no more headaches. I now feel more confident, more comfortable, and I actually look forward to going to back for more workouts. I definitely recommend MaxStrength Fitness."

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THE DAILY BELLY BUSTER CHECKLIST

Use this as a daily awareness tool to gradually ramp up your habits to support your goals.

TODAY I:	S	M	T	W	TH	F	S
ATE PROTEIN AT EACH MEAL	○	○	○	○	○	○	○
ATE VEGETABLES AT LEAST TWICE	○	○	○	○	○	○	○
PAID ATTENTION TO PORTIONS	○	○	○	○	○	○	○
MOVED INTENTIONALLY (WORKOUT / WALKING)	○	○	○	○	○	○	○
STRENGTH TRAINED / INTENTIONAL RECOVERY DAY	○	○	○	○	○	○	○
SLEPT AT LEAST 7 HOURS	○	○	○	○	○	○	○
TOOK 5-10 MINUTES TO MANAGE STRESS	○	○	○	○	○	○	○
STAYED HYDRATED	○	○	○	○	○	○	○
TOOK A BREAK TO BREATHE, WALK, OR REST	○	○	○	○	○	○	○

If you're checking most of these consistently, you're moving in the right direction!

WHERE TO START:

- Identify 1–2 steps where you're struggling most and focus on those
- Build consistency before adding more

SMALL IMPROVEMENTS IN THE RIGHT AREAS CAN SIGNIFICANTLY IMPACT BELLY FAT OVER TIME.

READY TO TAKE YOUR NEXT STEPS?

At MaxStrength Fitness we believe that everyone deserves to be healthy, fit and strong in only minutes a week.

Take your health and wellness outside of only the kitchen and truly transform your life in only minutes a week!

If you're looking for a better way to live, we want to invite you to experience the MaxStrength Fitness difference.

KIM MAGER

"I have been doing these workouts for a few years now and can't imaging not doing them. The results are amazing, the trainers are professional and caring. MaxStrength Fitness makes other types of workouts, without supervision, seem dangerous."

Ways to Work With Us:

1:1 PERSONAL TRAINING

With more energy, improved health, and less stress you are able to enjoy all the activities you love. Click below to learn more about our personal training and schedule a consultation at a location near you:

LEARN MORE HERE



We'd love to be part of your fitness/wellness journey.



Jeff Tomaszewski

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