

than others. They tend to be uncritically open toward strangers and thus can be particularly gullible to lies and deceit.

Certainly having an eye for the finer points can be helpful when navigating the complicated social world of

can interfere with basic day-to-day functioning, as evidenced by research from Queen's University psychologist Kate Harkness, who found that people in a depressed mood were more likely to notice minute changes in facial expressions. Meanwhile, happy people

mood, we ...
The happiest people nat...
emotional protection against getting...
sucked in by the intense gravitational pull of little details.
Similarly, the happiest people possess a devil-may-care attitude

501...
be a small price to...
to sweat the small stuff.
Source: www.psychologytoday.

Exercises that flatten your lower belly

Controlling stress is also an important part of dieting and rebooting your body. Taming your stress results in reduced levels of cortisol, which has been linked to belly fat. Prevent your nerves from fraying with these tips and your body and your belly will thank you for it.

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Lower abdominal fat is one major thing both men and women grapple with. Many have tried slimming, dieting and a few exercises but have failed.

If you have not undertaken exercises for a very long time or are overweight, consider first seeing a personal instructor who will recommend the right exercises you should start with before intensifying on losing the lower abdominal belly fat.

While you exercise to lose the lower belly, Solomon Kirinya, a personal fitness instructor, says, it is important that one does 10 to 30 repeats of any of the exercises then get a 30 seconds rest to regain the energy to carry you through the next session of the exercise.

He adds that depending on the frequency and intensity of the exercise, one must be able to lose the lower belly fat after three weeks but must make sure they eat right for the exercises.

"Many times people go to the gym but do not achieve their goals because they fail to control their eating. During exercises, the body is very active and one will feel hungry often but it is only recommendable for one to drink water or eat fruits but not the foods that will add more calories," Kirinya, says.

Leg drops
Leg drops is another way to help you lose your lower belly fat but while you do it, make sure to keep your hands down and the legs straight.

When your legs are straight up in the air, focus on compressing your lower back down into the floor. As you begin to lower your legs, do not let your lower back off the ground at all," says Kirinya.

DANGERS OF BELLY FAT

According to Dr Pius Mwanja, a general practitioner at Lifelink Medical Centre in Ntinda, having more subcutaneous fat, the kind you can grasp with your hand (belly fat) is associated with a variety of health problems. They may include but not limited to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes. In women, the fat is also associated with breast cancer and the risk of developing gall stones.

The location of the belly fat near the portal vein, which carries blood from the intestinal area to the liver increases the risk of becoming insulin resistance and bad cholesterol. This is because the substances released by the belly fat, including free fatty acids, enter the portal vein and travel to the liver, where they can influence the production of blood fats.

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THE AMOUNT OF SECONDS RECOMMENDED FOR REST BETWEEN EXERCISES.



As soon as you cannot drop your legs anymore without your back rising, stop there and lift your legs back up.

"While lowering your legs back to the ground during leg drops, it is tempting to lift your lower back off the floor and this can leave your lower back painful. It is safe for the lower back to remain on the floor and more effective at working your transverse abdomen," he says.

Feet touches
These are also known as foot to foot clutches and are known to be good for your lower abs. It is an exercise for people with an intermediate level of physical fitness and exercise experience.

Lay down with your back on the ground and your knees bent and pointed upwards. With your arms on your side, raise your shoulders slightly off the ground and using your abs, rotate your right hand down to your right foot and then back up. Do the same thing with your left hand and alternate back and forth for the desired amount of repetitions.

Hip extension
"For the starting position, lie on your back and bend your knees so that your feet are flat on the floor. Slide your arms out to your sides at 45-degree angles, palms facing up. Tighten your core, then squeeze your gluteus (hip muscles) to lift your hips an inch off the floor."

Raise your hips upward until your body forms a straight line from shoulders to knees. Pause, then lower to the starting position. Repeat this several times each day as part of your exercises to lose lower belly fat.