

Meta Title: MyAging&Wellness | Blog | Get rid of bra fat |

Meta Description: Having bra fat not only undermines your confidence but also affects your overall health. These bra fat exercises and foods will help you have a leaner physique.

Get rid of bra fat with these exercises, foods, and lifestyle changes

Some of us have trouble losing belly fat, while others can't wear that outfit because of their unwanted bra fat. Also referred to as a 'bra bulge,' back fat is excessive fats that cling to the back muscles and develop a skin fold above the waistline or a bulge that peeks out of a bra band. This unwanted appearance of a bra bulge undermines our confidence and holds us back from feeling beautiful or healthy. Getting rid of bra bulge is not only about looking smokin' hot; it also improves overall health. Having a healthy back is vital for daily movement and is a part of the core.

Performing back fat or bra fat exercises, adding fat-burning foods to the diet, and tweaking your daily routine are the most effective ways to make your life healthful. Following are the best ways to successfully reduce bra fat.

What causes back fat?

A human body naturally comprises a finite amount of adipose cells. The presence of excessive fat in the body makes adipose cells expand, which results in the inflation of overall tissues. Fat buildup occurs due to various reasons, like unhealthy eating habits, genetics, and muscle atrophy. While we can't do much about genetics, we can take a better diet and workout daily for strengthening muscles.

Best bra fat exercises to get rid of back fat

If you are wondering how to reduce the look of bra fat, these exercises are perfect for you.

Weight training

Most individuals only rely on cardio for optimal health, but jogging alone won't help you get rid of your bra fat. A combination of weight training and cardio helps burn back fat off your body. Doing cardio alone only trains one type of muscle fiber, which is not useful for reducing bra fat. Adding weight training sessions to your workouts will increase the metabolic rate in the body. As a result, you will notice quicker bra fat loss and strengthened muscles.

Planks

If you are thinking about how to get rid of bra fat without equipment, then this exercise is for you! Planks stabilize your back to get rid of fat. Here is how you do it:

- Put your hands on the floor firmly. Your body should be straight and stiff during the plank, making a straight line from head to toe.
- Hold the position for 30 seconds initially, and increase the duration over time
- If you want to target the back area further, lift each arm at a time to shoulder height and hold it for 10 seconds.

Push-ups

This exercise is typically considered as a chest exercise, but it's much more than that. Push-ups increase lumbar stability while focusing on the spinal erectors. In simple words, it strengthens the back muscles to prevent back pain, support the spine, and provide a lean physique. Following are the steps to effectively do push-ups:

- Lie on the floor facedown while your hands are placed outside your shoulders and your feet hip-width apart
- Raise your chest, thighs, and hips off the floor to support your body weight by palms and toes.
- Now exhale as you straighten your arms and push your body up until your arms are straight. Ensure to keep your ankles, hips, and head aligned to make a straight plank position.
- Inhale as you lower yourself down after a brief pause at the top
- Do it for at least ten times a day

Yoga

Health professionals suggest that stress increases the cortisol levels, which is responsible for fat accumulation to your backside. Taking a yoga class every week will help reduce stress, and you will have overall better mental health. Holding and breathing through poses like half-moon and balasana can also help reduce back fat and strengthen back muscles.

Best foods to get rid of back fat

Implying the following simple changes to your diet will help you reduce back fat.

More sweet potatoes

Being a carbaholic means cutting carbs off is the most difficult thing to do. Eating sweet potatoes keep you full and energized longer than most carbs. These potatoes are also enriched with antioxidants, carotenoids, and satiating fiber, which maintain blood-sugar levels and prevent calories from converting into fat.

Hydrate with H₂O

Sometimes we are not hungry; we are just dehydrated. That is why it is vital to gulp down 8 to 9 glasses of water. You will feel full without taking a single calorie. If you are not a fan of plain H₂O, mixing it up with citrus fruits (lemon) can help excrete body fat and toxins.

Intake of fiber

Fiber is infamous for its ability to keep you full for a longer time. This macronutrient reduces food cravings and loses inches off your back. For example, oatmeal is an excellent source of fiber that contains more nutrients and fewer calories.

Some prebiotic foods comprising oligofructose help even more. Oligofructose is a fiber that enhances ghrelin levels, a hormone that controls hunger. Other potent sources of the nutrient are:

- Rye
- Onions
- Barley leeks
- Sunchoke, also called Jerusalem artichokes

Cut back on sodium

Salt may look innocent, but it contributes to weight gain, especially an increase in bra fat/back fat. Salt consumption causes bloating that leads to bra bulge. Be sure to take only 1,300 milligrams per day; otherwise, it can spike cravings and cause you to eat more. The most significant benefit of staying away from salt is you can quickly de-bloat or won't even experience any bloating.

Takeaway

These aforementioned bra fat exercises and foods will help you have strengthened muscles and leaner chest area. Keep going consistently, and you will be able to confidently wear that outfit hanging in your closet for so long.