

25 Popular (Some Dangerous) Flat Stomach Myths That Don't Work

Myth 1: Doing 100 sit-ups a day will give you a flat stomach.

Doing lots of sit-ups only works the muscles under your fat. It doesn't burn the fat covering those muscles. You need to lose overall body fat to see your ab muscles.

Myth 2: You can spot-reduce fat from your belly.

Your body decides where fat comes off first, and you can't control it. When you lose fat, it comes off from all over your body, not just your belly.

Myth 3: Skipping meals helps you lose belly fat faster.

Skipping meals randomly often backfires because it leads to excessive hunger, causing overeating or poor food choices later. This erratic eating pattern can disrupt blood sugar levels, increase cravings for unhealthy foods.

On the other hand, intermittent fasting (IF), when done correctly, works by creating structured periods of eating and fasting. During fasting, insulin levels drop, allowing the body to burn stored fat for energy. Unlike random meal skipping, fasting is planned, giving the body time to adapt and maintain metabolic efficiency while promoting fat loss.

We provide how to use (IF) to accelerate your overall and fat lost in your belly area in our [Totals Abs Transformation Course](#).

Myth 4: Drinking diet soda helps you get a flat stomach.

Diet sodas have no calories but can make you crave sweet foods. Studies show people who drink diet soda often have more belly fat than those who don't because they compensate by consuming more calories from other foods. Our Total Abs Transformation course addresses the best solutions to allow you to enjoy sweets and continue to burn belly fat as well as total body fat.

Myth 5: You need to cut out all carbs to get a flat stomach.

Your body needs some carbs for energy. Cutting out all carbs is hard to stick with and isn't needed. Healthy carbs like fruits, vegetables, and whole grains can be part of a flat-stomach plan. When you follow our recommended eating schedule you actually can continue to eat your favorite foods and still continue to lose overall visceral fat.

Myth 6: Eating fat makes you fat.

Not all fats are bad. Healthy fats from foods like avocados, nuts, and olive oil actually help you feel full and can help you lose belly fat.

Myth 7: Doing hours of cardio is the best way to lose belly fat.

Very long cardio sessions can make your body hold onto fat. Short, intense workouts often work better for burning belly fat and take less time. However, when your target is burning fat instead of just calories, simple moderate exercise such as walking shows to be very effective. We cover why this is and the best way to maximize walking in the course.

Myth 8: You need special equipment to get a flat stomach.

Those ab machines and gadgets on TV don't work any better than simple exercises you can do at home with no equipment.

Myth 9: You can get a flat stomach in just a week or two.

Safe, lasting fat loss takes time. Plans that promise super-fast results either don't work or are unhealthy and won't last. The bottom line is that it takes much longer than a week or two to store enough fat to create a flabby belly, however you can get rid of it in just weeks with a properly balanced approach that is not so extreme that you want to quit after just a week or two.

Myth 10: Detox teas and cleanses melt away belly fat.

These products mostly make you lose water weight, not fat. Any weight loss is usually temporary and comes back when you stop using them. That said, there are teas such as Green Tea that have long shown that its properties does help you burn calories when consumed at the right times of the day and actually help burn stubborn visceral fat in the abdominal area.

Myth 11: Eating late at night always causes belly fat.

What matters most is how much you eat all day, not when you eat it. Eating too many calories at any time can cause weight gain. However, this is something that is both true and misconceiving at the same time. You see, if you eat before you go to bed it does provide your body with additional calories that your body can burn while you sleep instead of your body burning calories already present or potentially even get rid of some stored fat if you fall asleep in a fasted state.

Myth 12: Doing crunches on an empty stomach burns more belly fat.

When you exercise doesn't matter as much as doing it regularly. Your body burns fat all day long, not just when your stomach is empty.

However, when you do moderate exercise from a fasted state there is evidence that your body will burn stored fat instead of calories from your bloodstream, which doesn't actually reduce the amount of stored fat in your belly or overall body fat. In the Total Abs Transformation course we cover how you can use this to potentially accelerate getting rid of more stored fat.

Myth 13: Waist trainers and belly wraps help shrink your stomach.

Waist trainers and belly wraps don't aid in fat loss because they don't address the root cause of fat storage: calorie surplus and metabolism. Fat loss occurs when the body burns more calories than it consumes, which requires dietary changes, exercise, and increased energy expenditure.

These devices only compress the area, providing a temporary illusion of slimming but doing nothing to reduce fat cells or improve metabolic processes. They may even hinder fat loss by restricting movement during exercise and limiting oxygen intake, making workouts less effective. Sustainable fat loss comes from internal changes, not external compression.

Myth 14: You need to cut out all sugar to get a flat stomach.

While less sugar is better, you don't need to cut it out completely. Natural sugars in fruits are fine in moderation as part of a healthy diet.

Myth 15: Doing only ab exercises is enough to get a flat stomach.

Doing only ab exercises isn't enough to get a flat stomach because spot reduction—losing fat in a specific area by targeting it with exercise—doesn't work. Ab exercises strengthen and tone the muscles beneath the fat, but they don't directly burn belly fat.

Achieving a flat stomach requires a combination of overall body fat reduction through a calorie deficit (via diet and cardio), full-body strength training, and core-specific exercises. Hormones, genetics, and lifestyle factors like sleep and stress also play a role. A holistic approach is essential for visible results.

Myth 16: All Calories Are Created Equal

The "calorie is a calorie" myth ignores how different foods affect hormones, hunger, and metabolic rate. For example, 100 calories of refined sugar affects insulin levels, fat storage, and hunger signals very differently than 100 calories of protein.

Studies show that different macronutrients require different amounts of energy to digest and metabolize, with protein requiring significantly more energy than carbohydrates or fats. Research shows that high-protein diets lead to greater fat loss, particularly from the abdominal area, even when total calories are the same.

Myth 17: You need to follow a special "flat belly" diet.

No single diet works for everyone. The best "diet" is healthy eating habits you can stick with for life, not a strict short-term plan. By far what you eat plays the biggest role in how much fat your body produces and stores. In the course we also share how it actually is the 1# way to force your body to burn away stored fat.

Myth 18: Drinking ice cold water burns lots of belly fat.

While cold water might burn a few extra calories as your body warms it up, the effect is too small to make a real difference in belly fat.

Myth 19: Certain foods like grapefruit or celery burn belly fat.

The idea that certain foods like grapefruit or celery can "burn" belly fat is a myth. While these foods are low in calories and nutrient-dense, they don't possess any magical fat-burning properties. Fat loss occurs when the body is in a calorie deficit, meaning you burn more calories than you consume. No single food can target belly fat or override the need for a balanced diet and regular exercise. Some foods may support metabolism or promote fullness, but they won't lead to significant fat loss on their own.

Myth 20: You need to cut calories very low to lose belly fat.

Cutting calories too low may seem like a quick fix for losing belly fat, but it often backfires. When you drastically reduce calorie intake, your body perceives starvation and responds by slowing down your metabolism to conserve energy. This can lead to muscle loss, fatigue, and a reduced ability to burn fat.

Additionally, extreme restriction often triggers binge-eating episodes due to increased hunger and cravings.

A moderate calorie reduction, combined with balanced nutrition and regular exercise, is far more effective for sustainable fat loss.

This approach keeps your metabolism active, preserves muscle mass, and supports long-term adherence. By fueling your body properly, you maintain energy levels and promote steady progress, making it easier to achieve and maintain a flat stomach over time.

Myth 21: You need to do ab exercises every day.

Your muscles need rest to get stronger. Working your abs every day can lead to injury and doesn't help you lose fat faster. It is much better to do all around exercises that target as many muscle groups in your body. This happens to be the best way to burn visceral stored fat.

Myth 22: Sweating a lot means you're burning more belly fat.

Sweat is just your body cooling itself down. You can sweat a lot without burning much fat, or burn fat without sweating much. However, once you have a regular exercise regiment in place, sweating is a good indication of how intense your workouts are. The truth is you only want to do very high intense workouts no more than two sessions per week and then rest those muscle groups up to 48 hours before working them again.

Myth 23: Wearing a sweat belt helps you lose belly fat.

Sweat belts, often marketed as tools for spot fat reduction, don't actually help you lose belly fat. They work by trapping heat around your midsection, causing excessive sweating during exercise. This only leads to temporary water weight loss, not fat loss. Once you rehydrate, the weight immediately returns.

Fat loss occurs through a calorie deficit, where the body burns stored fat for energy, and this cannot be targeted to a specific area like the belly. Sweat belts also don't enhance fat-burning or metabolism. In fact, they can be counterproductive by dehydrating you, impairing performance, and potentially causing overheating or skin irritation.

Myth 24: You can't get a flat stomach after having children.

The claim that you can't get a flat stomach after having children is false. While pregnancy does stretch the abdominal muscles and skin, many women successfully achieve a flat stomach through consistent exercise, proper nutrition, and lifestyle adjustments.

Targeted core exercises, like planks and pelvic tilts, help strengthen and tone abdominal muscles, while cardiovascular workouts aid in overall fat loss. A balanced diet supports muscle recovery and reduces excess body fat.

Myth 25: You need to follow complicated workout plans to get a flat stomach.

You don't need complicated workout plans to get a flat stomach. Simple, consistent exercise is often just as effective, if not more so, because it's sustainable and easier to stick with long-term. Basic strength training builds muscle, boosts metabolism, and tones the core, while cardio burns calories and reduces overall body fat.

Combining these with proper nutrition yields excellent results without the need for intricate or time-consuming routines. Complicated plans can lead to burnout or confusion, whereas straightforward exercises are effective for most people. Consistency, not complexity, is the key to achieving a flat stomach.

To Learn How To Block Fat Storage and Burn Stored Fat and get an incredible flat stomach within 60 days checkout [The Total Abs Transformation](#) by clicking here.