

**WHAT IS
"THE ONE OLD WEIRD TIP
TO LOSE BELLY FAT?"**

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Question

What is the "one old weird tip to lose belly fat"? - This is an advert that is often seen on the internet.

Answer

The "one old weird tip to lose belly fat" is "*never eat the same thing twice in one day*".

That means if you eat toast with your breakfast don't have a sandwich later. If you have ham in your lunch box, then chose another meat for dinner (beef, lamb, chicken, fish, etc).

For what it's worth, there you have it.

End

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