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### How to Lose Belly Fat Fast And Get a Flat Stomach

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If you want to learn how to lose weight and lose belly fat, you're in the right place.

Hello, this is Charles from All>About-Abs.com.

In 2008, I was fortunate to work with Maggie from the Biggest Loser, and it really added to my perspective on helping people to lose weight and get into shape.

What I realized is that no matter how much I knew and no matter how much I wanted to help people, they had to take it upon themselves to follow my guidance and put in the work.

Maggie was so motivated to lose weight that she just simply wouldn't accept failure as an option, and I know she inspired many others to lose weight, exercise, and eat better.



[See interviews and video clips of Maggie's workout!](#)

Seeing Maggie at the Biggest Loser Finale was one of the proudest moments in our 10 years as a...

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## 6 exercises to lose belly fat

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