

## Don't Waste Your Waist!

*A new craze of waist slimming products that promises to take excess fat off your waist could also take extra money from your wallet.*

SAN RAFAEL, CALIFORNIA, USA, November 26, 2015 /EINPresswire.com/ -- The [waist trimmer belt](#) is one of the hottest [Cyber Monday sale](#) products on [Amazon](#), but is it really worth it?

Having entered middle age and tried a range of weight loss programs and products to shed the spare tyre around the stomach, ex-football player Graeme Norris decided to give it a try and has some very interesting feedback.

"I was pretty skeptical about such a simple device but I was certainly prepared to give it a proper try to see if it worked," said Mr Norris, who is over 6ft tall and carries some dangerous kilos around his mid-section.

"As a young man I was pretty fit, but middle age has slowed everything down and when someone mentioned a waist trimmer to wear while exercising that would be like a mobile sauna for my waist, I had to give it a go", he said.

"Trouble was there seemed to be so many different sizes and styles on-line, I found it difficult to know which one to choose" he continued.

Mr Norris thought he would be better off ordering a couple of the belts to give them a "proper test" so he ordered half a dozen different brands.

He said that although each belt he got was basically "made of the same stuff" and they all seemed to do what they promised in heating up the waist area, there was a vast difference in quality of the product that gave him some cause for concern.



After wearing a number of them while walking, running and

He provided the following tips to help others make the right choice:

- Look for quality neoprene that is at least 3mm thick because anything thinner simply loses its shape too quickly and stops giving you support,
- Check how long the product is as many are too small for larger waist-lines, 42-46 inches is ideal,
- Buy one that is wide enough to stay put, some are only 6-7 inches and they slip and move around, allowing heat to escape.
- Choose a waist trimmer that is a blend of neoprene, nylon & polyester as that enables the velcro to properly stick, keeping the belt tight and stopping it from bunching up.

The ageing sportsman was so impressed with the instant heat most belts provided but was disappointed in the poor quality material many are made of.

“Some of them wrinkled and rumped after just one or two times wearing them,” Mr Norris said.

He has however been pleased with his investment, noticing a definite loss of inches around his waist as well as improved posture during the few weeks he tried them all out.

“Nothing happens with ease when it comes to weight-loss” he said “but if you are going to go walking or jogging, you might as well speed up the fat burning process around your stomach by wearing a waist trimmer.”

Of the Waist Trimmers he tried, Mr Norris prefers the EzyFit Waist Trimmer Belt which fits up to 46 inch waists and is wider and thicker than most other belts on the market.

A recent review of the top 10 best selling Waist Trimmers available by respected health and personal care website [www.healthbestreviews.com](http://www.healthbestreviews.com), backed up Mr Norris in his choice when it revealed that the “EzyFit Superior Waist Trimmer Belt is arguably the best trimmer in the current market.”

“If you have heard about these belts and want to try them, I would suggest you do your own research and spend on quality that will do the job and last” Mr Norris 53, said. “after all, it’s an investment in your health”

With the rate of obesity exploding around the globe, the Waist Trimmer Belt may just be the modern day answer to sweating off those excess pounds while you go along with your day, making it ideal for those with hectic lifestyles.

#### About EzyFit

EzyFit waist trimmers are developed to be longer and wider to fit almost any waist, with quality material to increase the sweat production and comfort for the wearer. They are available on Amazon.

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