

How to lose belly fat fast: Introducing the gel and belt which help you lose inches around your waist

Gel-V is the body firming gel that tones loose skin and helps with skin concerns

MIAMI, FL, UNITED STATES, December 10, 2018 /EINPresswire.com/ -- Many of us have tried some crazy fads to lose that baby pouch, muffin top, and love handles. [How to lose belly fat fast](#) and get healthier in the process, it's all about adopting good habits and sticking to them.

For many, eating well and working out helps, but doesn't always reduce the size of your belly. Vanna Belt's [Gel-V Body Firming & Stretch Marks Repair gel](#) is a dermo-cosmetic reduction gel that gets results. Adding their V-Belt compression garments into the mix is the best duo to mold and trim your torso.

Body toning and skin tightening ingredients

The Gel-V formula contains vitamins A, C, and E, which preserve and restore collagen and elastin - the main substances your skin needs to stay firm and elastic. It also contains green tea extract to reduce the negative effects of inflammation.



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So many people have stubborn areas that won't go away.” says Vanna. “And it's not an indication of how fit and healthy they are - skin flaws affect even the fittest person in the room.”

Vanna Belt

Gel-V was created by social media fitness enthusiast Jovanna Correa. Vanna realized that no matter how much diet and exercise you engage in, everyone still faces challenges in their fitness journey, and wonders how to slim their waist and solve stubborn skin problems.

“After pregnancy many women end up with a kangaroo pouch.” says Vanna. “And it's not an indication of how fit and healthy they are - pregnancy can leave behind skin flaws that affect even the fittest person in the room.”

Gel-V should be massaged into the skin twice a day. The Gel-V formula penetrates the skin at a cellular level to reduce unwanted love handles and post-pregnancy bellies.

Mix strength training with cardio
Body fat responds well to serious strength training. Put away the tiny vinyl dumbbells and step up to the squat rack! Compound lifts such as squats, deadlifts, and lunges, work to replace fat with lean muscle mass.

When you're not lifting, mix things up with different types of cardiovascular exercise. High-intensity interval training (HIIT) improves aerobic capacity, sprinting and explosive plyometric movements burn calories faster, and circuit workouts keep things interesting as you move from one exercise to another.

Vanna shares her favorite workouts on her Instagram @vannabelt, turning her own hours in the gym into inspiration for her followers.

Vanna's products are formulated to achieve measurable results. "I know how frustrating it is to do everything right and be left with skin flaws. I wanted to create a product which rewards people for their hard work in the gym and the kitchen. Gel-V works alongside healthy diet and exercise, so my customers can see the results they want and deserve."

About Vanna Belt

Vanna Belt skin care and weight loss solutions show customers the secret to the South Beach body. The company was founded in 2013 by social media fitness enthusiast and Miami native Jovanna Correa. Vanna's products have already provided real results and changed the lives of many women around the world.

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Gel V Before & After

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