

THE FITKASH BLUEPRINT

7 Simple Moves to Lose Belly Fat & Improve Heart Health

For South Asian Men Over 40

South Asian men often face higher midlife risk for insulin resistance, high blood pressure, and heart disease — even at body weights that may not look alarming to others. That makes a generic “eat less, move more” plan less useful than a practical system built around belly fat, recovery, consistency, and cultural food habits.

1. Walk after meals

A 10–15 minute walk after lunch or dinner is one of the easiest ways to improve daily activity and help control blood sugar — without adding another hard workout.

2. Lift weights 3 times a week

South Asian men may need more intentional exercise than standard guidance suggests, especially to improve body composition and cardiometabolic health. Three weekly strength sessions focused on squats, pushes, pulls, and carries create a strong baseline.

3. Keep protein in every meal

Many South Asian meals are heavy in carbs and light on protein. Add eggs, Greek yogurt, chicken, fish, tofu, paneer, lentils, or a protein shake so each meal is more filling and more supportive of fat loss.

4. Don't fear desi food — structure it

Rice, roti, dal, curry, and chai do not need to disappear. Most men do better by controlling portions, increasing protein and fibre, and reducing mindless extras — rather than eating “clean” for two weeks and then rebounding.

5. Sleep like recovery matters

Poor sleep raises cravings, lowers training quality, and makes stress harder to manage. A consistent bedtime, less screen time at night, and a simple wind-down routine improve adherence across everything else.

6. Track your waist, not just your weight

For South Asian men, waist size often tells the real story better than the scale alone, because central fat is tightly linked to metabolic and heart risk. Measure your waist weekly and aim for a steady downward trend.

7. Build a plan you can repeat during real life

The winning plan survives work travel, weddings, late dinners, family pressure, and busy weeks. Simpler routines done consistently beat perfect plans that collapse after 10 days.

The M.E.D.S Framework

- **Meditation • Mind:** build discipline and stress control.
- **Exercise • Body:** train for strength, fitness, and longevity.
- **Diet • Fuel:** make South Asian food work for your goals.

- **Sleep & Stress · Recovery:** recover well enough to stay consistent.

Start Here This Week

- Walk 10 minutes after 2 meals a day.
- Do 3 strength workouts this week.
- Add protein to breakfast and dinner.
- Measure your waist once.
- Sleep 30 minutes earlier than usual.

Take the next step

FitKa\$h helps South Asian men over 40 move from the pillbox to the playbook with practical coaching built for real life, real food, and long-term health. **Book a free 15-minute strategy call, or get the full FitKa\$h coaching plan** at fitkash.com.

Why this is built differently — the evidence: South Asian adults carry up to ~4× the risk of atherosclerotic cardiovascular disease and develop it up to a decade earlier (AHA Scientific Statement, Volgman et al., Circulation 2018), with markedly higher rates of prediabetes and diabetes by midlife (MASALA & MESA studies; Diabetes Care, 2014; JAHA, 2026). See the full, cited evidence at fitkash.com/framework.