

## [TIPS TO WEIGHT LOSS](#)



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1. Dieting trumps exercising. We hear a lot that a little exercise is the key to weight loss that taking the stairs instead of the elevator will make a difference, for instance.

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### **5 Extreme Weight Loss Tips to Lose Weight Fast Fitwrr**

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### **6 Tips for Successful Weight Loss On a Paleo Diet Chris**

In the last two articles, I explained how a Paleo diet can help you lose weight without trying, and why it's a better choice than many of the diets most commonly used by those trying to lose weight. In this article, I'd like to discuss some of the key strategies that can help make your weight loss journey successful. While a switch to

Paleo is a great start, there are a few key lifestyle

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