

## **WEIGHT LOSS WITHOUT DIET AND EXERCISE**



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11 Proven Ways to Lose Weight Without Diet or Exercise Written by Hrefna Palsdottir, MS on August 23, 2018  
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"Yes, you can lose weight with diet alone, but exercise is an important component. Without it, only a portion of your weight loss is from fat -- you're also stripping away muscle and bone density.

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Is weight loss on your to-do list? If so, you've probably considered going on a diet, starting an exercise program or even paying for a commercial weight loss program. And those strategies can work. But did you also know that you can lose weight without dieting?

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### **The Truth About Exercise and Weight Loss WebMD**

Kushner tells patients that exercise is very good for them, but for weight loss, he emphasizes starting with a healthy diet. "First, we've got to get a handle on your diet," Kushner says.

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### **Diet Pills That Work Without Exercise Livestrong com**

Although some prescription diet pills may aid in short-term weight loss without exercise for obese people, it is likely you will regain the weight without diet and exercise. Moreover, some of these medications may have serious side effects.

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your goal is to lose weight overall, eating more real,

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### **4 Ways to Lose Weight Without Exercising wikiHow**

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