

## **GOOD THINGS TO DO TO LOSE WEIGHT**



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Nighttime fasting a.k.a. closing the kitchen early may help you lose more weight, even if you eat more food throughout the day, according to a study in the journal Cell Metabolism. Researchers put groups of mice on a high-fat, high-calorie diet for 100 days.

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The bottom line is that if you want to lose weight, you have to find a way to make time for healthy activity. Do this instead: Get out an old-fashioned paper calendar and find windows of time that are not consumed by absolute necessities. Then create a schedule for healthy weight loss activities.

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Bottom line: Don't smoke for any reason, least of all to lose weight. Best Weight Loss Practices. Choose a diet that works for your lifestyle. The best diet is the one you can stick with long-term.

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Keep in mind that you lose just one pound for every 3500 calories you burn. That's a lot of pounding on the pavement. Add a healthy reduced caloric intake to your exercise routine, and you're guaranteed weight loss. Here's the bottom line: to lose weight, you need to burn more calories than you take in.

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### **11 Foods to Avoid When Trying to Lose Weight Healthline**

Some foods, like full-fat yogurt, coconut oil and eggs, help with weight loss (1, 2, 3). Other foods, especially processed and refined products, can make you gain weight. Here are 11 foods to avoid when you're trying to lose weight. Whole potatoes are healthy and filling, but french fries and potato chips are not.

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