

## **GOOD WAYS OF LOSING WEIGHT**



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reasons behind healthy food choices might make the right decisions easier to make.

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### **Losing Weight Healthy Weight CDC**

The good news is that no matter what your weight loss goal is, even a modest weight loss, such as 5 to 10 percent of your total body weight, is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.<sup>2</sup>

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### **How to Lose Weight and Keep It Off HelpGuide org**

Weight loss isn't a linear event over time. When you cut calories, you may drop weight for the first few weeks, for example, and then something changes. A calorie isn't always a calorie. Eating 100 calories of high fructose corn syrup, for example, can have a different effect on your body than eating 100 calories of broccoli.

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