

[WHAT TO DO TO LOSE WEIGHT](#)



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You don't need to exercise to lose weight on this plan, but it is recommended.. The best option is to go to the gym 3 4 times a week. Do a warm-up and lift some weights. If you're new to the gym

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One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water , unsweetened tea , or black coffee .

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"Each time I needed to lose the baby weight, I stopped eating after 6:30 p.m. five nights a week. The other two evenings were reserved for nights out.

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Get an online weight loss buddy to lose more weight. Karramba Production/Shutterstock. A University of Vermont study found that online weight-loss buddies help you keep the weight off.

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5 Safe and Effective Ways to Lose Weight Fast wikiHow

Regardless of how busy you are, it is essential that you make time to exercise each day if you actually want to lose weight and keep it off. Even little things like walking instead of driving to the store can affect how quickly you lose weight. Before you begin, use a measuring tape to measure your waist, hips, and bust.

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10 Things to Stop Doing If You Want to Lose Weight

Do this instead: Embrace the truth that weight loss is hard, but don't let the difficulty of the process deter you. If you want to lose weight, you can. If you want to lose weight, you can. But it will be uncomfortable.

<http://ebookslibrary.club/download/10-Things-to-Stop-Doing-If-You-Want-to-Lose-Weight.pdf>

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Even if you do meet your goal, it's nearly impossible to keep off the weight over the long term: "The amount of restriction required [to maintain that number] will make you so hungry that you ll

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