

## **BEST WAY TO LOSE WEIGHT FOR WOMEN**



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10. Lose It Today, Keep It Off Tomorrow. Finally, be patient. While cultivating that virtue isn't exactly painless, it may help to know that keeping weight off generally gets easier over time.

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Exercise burns calories and can help you lose weight. It also builds muscle strength and helps you manage stress, which can lead to overeating. Generally speaking, women have more fat, less muscle and are smaller than men, according to the American Dietetic Association.

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