

TIPS TO LOSE WEIGHT IN A WEEK



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While health experts always suggest that you should engage in a long-term weight loss plan for best results, weight loss can begin within a week's time and can continue in the long run, as long as you maintain a healthy diet plan.

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The weight loss tips below can help you lose pounds in a period of one week without engaging into any formal diet or exercise schedule. They are tips you can easily apply in your daily life and a major step towards the right direction.

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