

## [WEIGHT LOSS PEOPLE](#)



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What worked for her was a program called Take Shape For Life, which offers diet plans, health coaches, and connection to a community of other people who are also trying to lose weight. She lost

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Weight Loss Mistake #3: You Focus on Cutting, Not Adding Sure, you can lose weight by eating nothing but toast and tea, but the goal is to become fit and strong not weak and frail. You need good nutrients to preserve muscle and bone mass, Nieves says.

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### **Weight Loss Talk Should Be Off Limits Around people com**

For many people, the new year means adopting a new diet and fitness regime. And while prioritizing one s health sets a good example for kids, experts say parents shouldn t discuss weight loss

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