

## [EASY THINGS YOU CAN DO TO LOSE WEIGHT](#)



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With that said, there are a few things you can do to lose weight fast that won't harm you but may be what you need to jump-start your weight loss efforts. Fast weight loss isn't a bad thing as long as you keep it in perspective. Sometimes we need to see the scale drop fast to motivate us to make some changes.

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### **Simple everyday changes that can help you lose weight**

To find out the little things you can do each day to lose weight, INSIDER spoke with registered dietitian-nutritionist Lisa Moskovitz, the CEO and founder of the NY Nutrition Group, registered

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### **17 Small Changes You Can Make Every Day To Lose Weight**

While there are plenty of other things you can do to lose weight, lifting weights remains one of the oldest and most stable methods of fat burning and weight loss.

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### **Want to lose weight Here are 5 easy things to do instead**

You can do all these gimmicks and quick fixes and unhealthy ways to actually lose scale weight, said Gidon Gabbay, a performance nutritionist with G Force Home Training in Toronto. But if

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