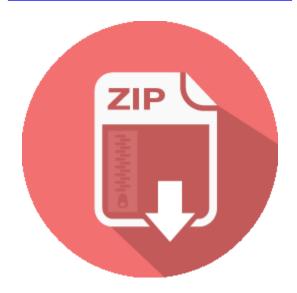
SPEED FOR WEIGHT LOSS



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If you are looking to speed up weight loss, adding 30 minutes of cardio three times per week will certainly help burn calories and body fat, says Amie Hoff, Certified Fitness Professional in

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