

## [HOW TO HEALTHY LOSE WEIGHT](#)



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Watch your drinks. One easy way to lose weight quickly is to cut out liquid calories, such as soda, juice, and alcohol. Replace them with zero-calorie drinks like lemon water, unsweetened tea, or black coffee. Diet drinks will save you calories, compared with sugary beverages.

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Weight loss of 0.5 to 2 pounds per week is a healthy approach. Allow yourself the time you need to reach your weight loss goal, planning on a loss of up to 2 lbs. each week. While it may be tempting to pursue fad diets with promises of fast weight loss, a slow and steady approach is the healthiest way to lose weight.

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### **17 Healthy Ways to Lose Weight Fast cosmopolitan com**

No crash diets allowed. But if you're anxious to lose weight for a legit reason, follow these painless tips to improve your diet, streamline your workouts, and shed weight \*the healthy way\*. 1. Pregame for meals with water. Drinking water throughout the day and during your meals promotes proper digestion so you don't get backed up and bloated.

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By eating healthy snacks like carrots and hummus, I have calories to splurge on a piece of chocolate and glass of wine each night. And I've still managed to lose 20 pounds in three months

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