

PEOPLE LOSE WEIGHT



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Indeed, biology and genetics are known to affect one's ability to gain or lose weight. However, he may also have a point that too many people use the genetic, environment, or biology excuse to rationalize their weight gain.

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Look to the National Weight Control Registry (NWCR) The NWCR tracks people who have lost large amounts of weight and kept it off. Here's what participants in the Registry have done to lose an average of 66 lbs. and keep it off for an average of 5.5 years.

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