

WEIGHT LOSS WITHOUT DIETING



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How to Lose Weight Without Dieting 24 Fast Facts

More Sleep Helps Weight Loss Research has shown that sleeping can be beneficial for weight loss. A study from the University of Michigan showed that just one hour more per night of sleep could translate to a 14 pound weight loss over the course of a year in a person who eats 2,500 calories per day.

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How to lose weight without dieting Business Insider

Losing weight doesn't have to be an exercise in deprivation. Here are dietitians' top tips for slimming down in sustainable and satisfying ways.

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