

## [HOW TO LOSE WEIGHT EASY AND FAST](#)



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If you want to lose five actual pounds by next weekend, listen up: Losing weight fast is almost always unhealthy. That's because it can set you up for binge-eating and fluctuations that interfere

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### **Ways to Lose Weight 42 Fast Easy Tips Reader's Digest**

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Easy Exercises to Lose Weight Fast To lose weight, you need to create a specific calorie deficit. For example, you might want to reach a 500-calorie deficit each day to lose one pound per week.

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