

WEIGHT LOSS FOOD OR EXERCISE



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The key to successful weight loss is developing healthy diet and exercise habits. You may not like those words diet and exercise. But don't get hung up on them. Diet just means eating healthy, lower calorie meals. Exercise means being more physically active.

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Is Weight Loss Really 80 Percent Diet and 20 Percent

A combination of diet and exercise is best at any stage of weight loss, says Mathenny. Exercise should be a mix of strength training and cardiovascular training, not just cardio.

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Diet Vs Exercise Which Matters More For Weight Loss

Just 1% kept the pounds off with exercise alone, 10% did it with diet alone, and 89% used both. Diet Vs Exercise Secondly, research is learning that to keep the pounds from piling up, the food choices we make may be more important than the amount of exercise we re doing.

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Weight loss Better to cut calories or exercise more

Exercise is also important because it can help you maintain your weight loss. Studies show that people who lose weight and keep it off over the long term get regular physical activity. If you lose weight by crash dieting or by drastically restricting yourself to 400 to 800 calories a day, you're more likely to regain weight quickly, often

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Exercise vs Diet Which Is More Important for Weight Loss

Yes, we should all eat healthier. Yes, we should exercise every day. There are infinite things we could do in order to be healthier, like sit less, eat more vegetables, eat less processed food, or

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What s Best for Your Health Goals Diet or Exercise

Focus on diet: It s clear that you need to restrict calories in your diet to lose weight and exercise to keep it off, says Tim Church, M.D., the director of preventive medicine research at Louisiana State University, in Baton Rouge. Most people who exercise to lose weight and don t restrict calories shed only 2 to 3 percent of their weight over 6 to 12 months, says Church.

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10 Effective Weight Loss And Fat Burning Exercises

Slim down and firm up with these weight loss exercises designed to help you burn calories and banish cellulite. Weve rounded up 9 weight loss exercises, from Zumba to Strength Training.

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The Best Foods to Eat While Working Out to Lose Weight

To lose weight you need to eat fewer calories than you burn. How many calories you need to lose depends on your current weight, gender and activity level. Your doctor or dietitian can help you determine your individual needs for weight loss. Most people who exercise regularly can lose weight by limiting their intake to 1,200 to 1,600 calories a day.

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