

WEIGHT LOSS NO EXERCISE



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11 Proven Ways to Lose Weight Without Diet or Exercise Written by Hrefna Palsdottir, MS on August 23, 2018

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Exercise is only part of a complete weight loss plan. WebMD provides expert tips for not only losing weight, but also maintaining a slimmer and healthier physique.

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4 Ways to Lose Weight Without Exercising wikiHow

Many people cut calories from their diet and burn calories through exercise to achieve weight loss. Working out on a regular basis is helpful for weight loss, but may not be practical for some people due to health conditions, time restraints, or lack of interest.

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