HOW TO LOSE WEIGHT FOR DUMMIES



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To lose 1-1/2 pounds per week, you need to cut 750 calories a day. A 2-pounds-a-week loss means eliminating 1,000 calories a day. A faster rate of weight loss is generally associated with weight regain and yo-yo dieting. http://ebookslibrary.club/download/Dieting-For-Dummies-Cheat-Sheet-dummies.pdf

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Take Home Points To lose weight you need to burn more calories than you consume through food. How: If you re active, an easy bet to lose weight is, on average, If you set out to eat X calories a day and then "took it easy on the weekends", To lose fat you must teach the body to choose fat

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