LOSE WEIGHT TIPS



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If 10 tips for painless weight loss (or maintenance) aren't enough, how about trying some of these ideas from WebMD's weight loss community members? Eat at the same times every day (including snacks).

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The problem: This only makes it more difficult, stressful, and downright impossible to lose weight. So rather than beating yourself up for eating foods you think you shouldn't, let it go.

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