

[CAN YOU HELP ME LOSE WEIGHT](#)



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In fact, a wide assortment of the right thin foods can help you lose weight. The key things to look for: Foods with high water content, high-fiber foods, and calcium .

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When I first announced my mission to lose weight through yoga, I remember people laughing at me. "Yoga doesn't help with weight loss! You have to bust your butt in the gym to get real results," people told me. Less than one year after practicing yoga six to seven days per week, I lost a total of 85 pounds.

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5 Experts Answer Can Yoga Help You Lose Weight

[But] aerobic exercise is what helps you lose weight. "If someone wants to lose weight in yoga class, they are going to have to be in a class that challenges them.

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