

BEST WAYS TO LOSE WEIGHT



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10. Lose It Today, Keep It Off Tomorrow. Finally, be patient. While cultivating that virtue isn't exactly painless, it may help to know that keeping weight off generally gets easier over time.

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Behaviors That Will Help You Lose Weight and Maintain It. Set the Right Goals Setting the right goals is an important first step. Most people trying to lose weight focus on just that one goal: weight loss. However, the most productive areas to focus on are the dietary and physical activity changes that will lead to long-term weight change.

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