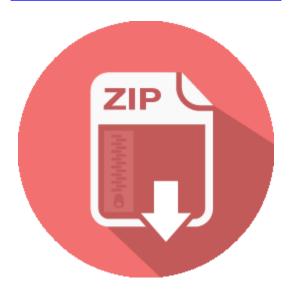
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And, since there is about 3500 calories in 1 pound of fat, doing this will result in 1 pound of fat being lost per week. And, since the ideal weight loss rate is 1-2 pounds per week, this would put you right within range. Add some exercise in as well, and it will bring you closer to the higher end of that range.

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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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