

## **HOW TO LOSE WEIGHT IN AN EASY WAY**



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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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Still, there are effective and healthy ways to kick off your weight loss and, "Eating fewer calories than you burn will help you lose weight it s that simple," Dr. Seltzer says. "But you

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