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1. 8 Ways to Lose Weight Without Dieting L osing extra weight may help you look better, but more importantly, it can take pressure off painful joints and improve overall health. Research shows overweight people with arthritis who lose 10% of their weight have better mobility and 50% less pain.

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I recently sat down with Dr. Brian Wansink, a professor at and director of the Cornell Food and Brand Lab.. He is also the author of Slim by Design, a guide that helps readers make simple design changes to promote healthier eating. He told me that it is possible to lose weight without a diet.

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Always speak to a doctor prior to starting any weight loss plan. The best way to lose weight is a combination of healthy lifestyle changes, diet and exercise. In addition, this has proved to be the best way to maintain weight loss long-term.

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