# **HOW TO MAKE LOSING WEIGHT EASY**



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Whether you have five or 50 pounds to lose doesn't matter losing weight is hard! But it doesn't have to be. Make your weight-loss journey easier and more enjoyable by following these four tips.

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One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months .

Choose weight loss-friendly foods (see list). Certain foods are very useful for losing fat.

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Losing weight takes dedication, motivation, and hard work. But you can make weight loss easier. There are easy tricks that can help you to slim down with less effort. Changing what you eat is the first and most crucial step. And along with exercise, it'll make reaching your weight loss calorie goal easier.

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But even the most committed dieters can benefit from a few tricks to boost their weight-loss efforts. Here are 10 easy, everyday diet tips to add to your weight-loss arsenal. 1.

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