

[WEIGHT LOSS TOOLS](#)



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Jumping into a weight loss journey without the proper tools is akin to a skydiver leaping from a plane without a parachute. Jumping into a weight loss journey without the proper tools is akin to a skydiver leaping from a plane without a parachute. Whether you're looking to lose 10 pounds or 50, your journey ahead is bound to be challenging.

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Weight loss tools WW Points Calculators and more

Online Weight Loss Tools. Below is a list (with links) to the online weight loss tools on this site. These are mostly calculators, however, there are a couple of gadgets that will help you. Weight Loss Calculator. This calculator is one of the best weight loss tools on the site.

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External Resources Healthy Weight CDC

This booklet published by National Heart, Lung and Blood institute (NHLBI), contains practical, easy-to-use information for losing and maintaining weight - including tips on healthy eating and physical activity, other options such as weight loss medications and weight loss surgery, setting weight loss goals, and rewarding success.

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