

## AND LOSE WEIGHT



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First, keep in mind that many experts say it's best to lose weight gradually. It's more likely to stay off. If you shed pounds too fast, you'll lose muscle, it's more likely to stay off.

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### **How Much Exercise to Lose Weight Per Day and Week**

As a result of the research, the organization recommends that you get between 150 and 250 minutes of moderate to vigorous exercise each week to lose weight. But they also state that more is better. To achieve significant weight loss, the organization recommends over 250 minutes per week.

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### **How to Lose Weight and Keep It Off Verywell Fit**

Unfortunately, there is no maintenance phase to the weight loss process. To keep the weight off, you have to do at least as much exercise as you did to lose the weight and, frankly, you may have to do more. The more weight you lose, the less energy your body expends during exercise and the more you have to do to get the same results.

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There are many ways to lose weight, and following the ketogenic diet is one of them. In fact, keto is one of the most effective ways to lose weight rapidly and keep the fat off for good. In fact, keto is one of the most effective ways to lose weight rapidly and keep the fat off for good.

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### **5 Safe and Effective Ways to Lose Weight Fast wikiHow**

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### **Losing Weight Healthy Weight CDC**

What is healthy weight loss? It s natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off.

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