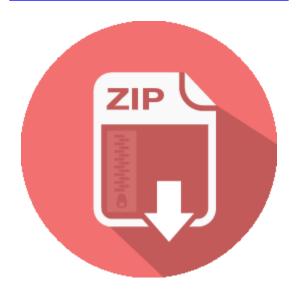
BEST WAY LOSE WEIGHT



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Making your intentions known to others can be a powerful tool; for some people, the best way to lose weight is with a family member or friend. Chances are that you aren t the only member of your family who needs to lose weight. Talk to your family and friends about making a commitment to lose weight together. Other people can help keep you motivated.

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