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To be able to lose weight successfully, you need to make exercising a part of your daily routine. Physical activity is important for the fitness of both body and mind. You can lift weights, swim or run on a treadmill. You can perform simple exercises like squats, dips and crunches at home. Even dancing is a great exercise that works on all your body muscles. Ensure to exercise at least 3 to 4 days in a week rather than being a couch potato.

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