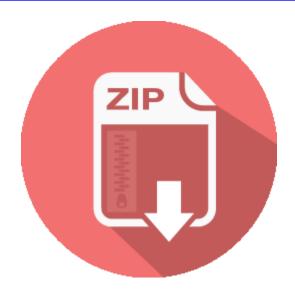
FAT AND NEED TO LOSE WEIGHT



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That said, everyone needs some body fat (about 25 to 31 percent body fat is average for women) to protect your organs, and fill out your jeans which you should air-dry, for the record.

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The weight loss calculator may say that you need to eat 1,200 calories per day to lose weight. But you don't think that you can cut enough food from your diet to reach that number. That's OK. You can simply add exercise to your weekly routine to account for a few extra calories.

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