

## [FAT AND NEED TO LOSE WEIGHT](#)



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I am Fat and Need to Lose Weight. Most of us think we only put fat in our fat cells when we eat too much. But as Gary Taubes explains in Good Calories, Bad Calories, your fat cells are like rechargeable fuel cells. Every time you eat you store some fat. In between meals, fat comes out of your fat cells to provide the fuel for your muscles and organs.

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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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With this brand-new secret to lose weight, you can greatly accelerate the procedure of burning fats and give you seize this possibility and discover the method that you too can burn fat fast. A new method that assist you to get rid of their excess weight and burn fat in no time and discover the way you have lost around 11 lbs (5kg) in just 2 weeks safely. Burning fat has never been easy.

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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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Trying yet again to lose those last 10 pounds? We hear you. In fact, 50 percent of women say that within six months they gain back any weight they've managed to ditch.

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