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Here are their top tips on how to lose weight without sweating it too much. 1. Add, Don't Subtract. Forget diet denial: Try adding foods to your diet instead of subtracting them.

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The problem: This only makes it more difficult, stressful, and downright impossible to lose weight. So rather than beating yourself up for eating foods you think you shouldn't, let it go.

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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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Ways to Lose Weight 42 Fast Easy Tips Reader's Digest

If you're trying to drop a few pounds fast, these expert tips will make it easy for you to lose the weight quickly.

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If you are trying to lose weight for a holiday or to slither in your bathing suit for the summer, or simply to lead a healthier lifestyle, you know it is a tough task. We are all guilty of trying all sorts of diets and fitness tips to lose those extra pounds.

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