

[HEALTHY DIET TIPS FOR WEIGHT LOSS](#)



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Being active is key to losing weight and keeping it off. As well as providing numerous health benefits, exercise can help burn off the excess calories you can't cut through diet alone. Find an activity you enjoy and are able to fit into your routine. 5. Drink plenty of water. People sometimes confuse thirst with hunger.

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Acknowledge that health is an onion; it's layered and complex, and isn't just about nutrition, Moreno says. Map out your health and wellness path by creating lists of issues vs. goals in your life within the realms of nutrition, movement, sleep, stress, spiritual, social, and medical issues.

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Weight Loss Health

Jenna Jameson Shares Her Tips for Starting the Keto Diet: Weight Loss 7 Drinks You Health.com is part of the Meredith Health Group.

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