

## [HEALTHY DIETS THAT WORK](#)



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this diet works EXTREMELY WELL (it works good by itself) if you follow this exercising plan Run for about fifteen-twenty minutes, it doesnt seem like much but once your on that treadmill, trust me. also aim for about 1.5-2 miles, thats the speed you want to be going. after that lift light weights (5-10 pounds) for about five minutes, do this slowly.

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In fact, all diets rely on the same principle calorie manipulation. They just go about it in different ways. Some restrict certain food groups, while others do away with them completely. Though, what ultimately separates a diet that works from one that doesn't is commitment and how well the diet fits your lifestyle and goals.

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