

[HEALTHY EATING TIPS TO LOSE WEIGHT](#)



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If you are having trouble sticking to a workout routine or healthy eating plan, invite a friend to join you and help you stay on track. Studies show that people who slim down with a friend are more likely to stick with weight loss and exercise programs. They also tend to lose more weight than those who go it alone (24, 25, 26).

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Tip No. 13: Lose weight slowly. If you're losing weight but not as fast as you'd like, don't get discouraged.

Dropping pounds takes time, just like gaining them did. Experts suggest setting a realistic weight loss goal of about one to two pounds a week. If you set your expectations too high, you may give up when you don't lose weight fast enough.

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8 Easy Ways to Lose Weight Verywell Fit

It is virtually impossible to lose weight and keep it off without exercising regularly. But you don't have to exercise hard to lose weight. Just add more physical activity to your day. Start out today by taking a brisk walk home from the grocery store or learn how to bike to lose weight.

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Tips for losing weight healthily Eat For Health

So to lose weight that stays off we need to make small changes that turn back the clock. We need to limit discretionary foods, down size our portions, and find ways to be more active in our everyday lives. To lose weight, we need to eat and drink fewer kilojoules that we use.

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