

[HEALTHY WAYS TO DIET AND LOSE WEIGHT](#)



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First, keep in mind that many experts say it's best to lose weight gradually. It's more likely to stay off. If you shed pounds too fast, you'll lose muscle, it's more likely to stay off.

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To lose weight the healthy way, eat a balanced diet consisting of foods like vegetables, fruits, whole grains, and low fat dairy. Additionally, avoid sugary, processed foods such as cakes, soda, and sports drinks, which are high in calories with no nutritional value. Along with a healthy diet, increase the level of physical activities you already enjoy, like walking, biking, or yoga. You can

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The healthiest way to lose weight is neither crash diets nor bursts of exercise. The body likes slow changes in terms of food and exercise. For example, someone who hasn't exercised for years

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