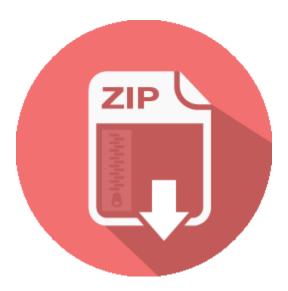
HEALTHY WAYS TO DIET AND LOSE WEIGHT



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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. Work your way up from 10 minutes to 30-40 minutes a day, most days a week to see benefits.

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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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