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A balanced diet and an exercise routine are both necessary for weight loss. Even small amounts of exercise, if you perform them regularly enough, can help

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If you can create a 500-calorie deficit each day, you can expect to lose about 1 pound per week. To burn calories solely on your treadmill, you would have to run at an 8-mph pace seven days per week. However, if you combine treadmill exercise with efforts to cut calories on a daily basis, you can experience weight-loss results.

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