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Unfortunately, there is no maintenance phase to the weight loss process. To keep the weight off, you have to do at least as much exercise as you did to lose the weight and, frankly, you may have to do more. The more weight you lose, the less energy your body expends during exercise and the more you have to do to get the same results.

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How to Get Started on a Weight Loss Program Live Science

If you've made the decision to lose weight, you might be wondering where to begin. To help you get started, Live Science spoke with many weight loss experts and combed the literature on the topic.

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