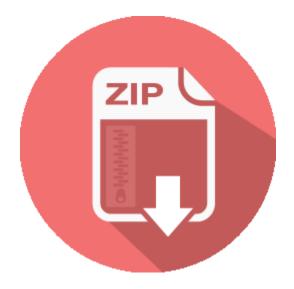
HOW TO LOSE WEIGHT I



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Insulin acts here to set BSW higher. In the short term, we can use various diets to bring our actual body weight down. However, once below the BSW, the body activates mechanisms to regain that weight. This resistance to weight loss was first demonstrated by Drs. Leibel and Hirsch in 1984. Obese persons that had lost weight require fewer calories.

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That said, there are ways to jumpstart your weight-loss journey and yes, it will take time! all without starving yourself, investing in unsafe supplements, or logging hours at the gym.

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You don't need to exercise to lose weight on this plan, but it is recommended. The best option is to go to the gym 3 4 times a week. Do a warm-up and lift some weights.

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5 Safe and Effective Ways to Lose Weight Fast wikiHow

The DASH diet, the TLC diet, the Mayo Clinic Diet, the Weight Watchers diet and Volumetrics all provide great meal plans to help you lose weight starting today. Run an internet search on any of the diets and meal plans to find out more. The more weight you have to lose, the quicker you will lose those first few pounds. That said, if you only have 10-20 pounds to lose, you will need to be patient and consistent with your workouts and diet over a longer period of time to see results.

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