

[HOW TO LOSE WEIGHT IN 3 MONTHS](#)



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Since slower weight loss is generally thought to be safer, three months is a good amount of time to lose a considerable amount of weight. In that time period, it's safe to aim to lose about 12 to 20 pounds which comes out to be about 1 to 2 pounds per week. So if you're interested in losing a small to moderate amount of weight, there are a few things you can do to slowly and safely lose weight in 3 months.

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Losing 40 pounds in three months is your goal, and you're dedicated to achieving it. A low-calorie, highly nutritious eating plan combined with increased physical activity brings about weight loss. Losing the more than 3 pounds per week required to lose the 40 pounds by your deadline may be a little aggressive, though. You can make serious inroads into weight loss so that you feel and look better in the three months, even if it takes you longer to reach your 40-pound weight loss goal.

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3 Month Weight Loss Program LIVESTRONG COM

It will add up to more calories burned and more weight lost at the end of 90 days. Read more: Tips on Losing Weight Fast. Measuring Results. People often talk about losing weight, but what they really mean is losing fat. Your goal in the next three months is to lose fat and gain muscle.

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How to lose weight in 3 months with these nutritionist

Since we're less than three months away from entering the New Year, we already gave you a set of expert-approved exercises you can perform to help ease your on-going battle against weight loss.

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How to Lose Weight in 3 Months Healthy Living

Combining a diet and exercise program, you can lose about 25 pounds in three months in a healthy, safe manner, according to organizations including the Centers for Disease Control and Prevention.

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How to lose weight in 3 months Expert approved weight

How to lose weight in 3 months with this expert-approved workout plan It may still be possible for you to lose weight before the time frame for your New Year Resolution expires.

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Weight Loss Tips I Used to Lose 23 Pounds in 3 Months

Editor's Note: Recently one of our readers, Lena, shared with me how she lost 23 pounds over the last three months. In her own words here's Lena's story:

<http://ebookslibrary.club/Weight-Loss-Tips-I-Used-to-Lose-23-Pounds-in-3-Months--.pdf>

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