

## [HOW TO LOSE WEIGHT WHILE AT WORK](#)



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Being stuck at a desk all day doesn't mean work has to be bad for your weight.

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### **50 Easy Ways to Lose Weight While You're at Work**

Join groups to learn how others are losing weight and get inspired even when you've got the munchies at work.

Weight Loss Wars: Compete to see who can lose the most weight by tracking your progress online. FatSecret:

Set up a profile and join groups to learn about different diets and recipes. You can also record your progress and food history in an online journal.

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### **Lose Weight Sitting at Your Desk Shape Magazine**

Do not be fooled by the "diet" word or the calorie-free label. Diet soda may be linked to weight gain and can make you F-A-T, fat. Researchers from the University of Texas Health Science Center concluded that people who drank two or more diet sodas a day had larger waist sizes. If you need more convincing, diet soda has also been linked to an increased risk of stroke, and drinking more than one a day may increase your risk of type 2 diabetes.

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### **7 Ways to Lose Weight Even When You Sit at a Desk All Day**

But, still, since your desk job is mostly sedentary, you've got to be strategic with your time throughout the day if you want to lose weight, says Scritchfield.

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### **How to Lose Belly Fat While Sitting at a Desk LIVESTRONG.COM**

Count Calories While Sitting at Your Desk. No matter where the extra weight is on your body, to lose it, you must create a negative calorie balance.

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### **4 Ways to Lose Weight at Work womenshealthmag.com**

While the kitchen may get all the attention when it comes to weight loss, your office can either super-charge your efforts or sabotage your goals.

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### **21 Tricks to Lose Weight While Sitting Down Eat This Not**

While your job, TV habits, or school-work may impede some of your activity, there are steps you can take to whittle your middle and maintain your health even while you're pushing your tush into the cushion. By adopting healthy habits that stimulate your metabolism, boost calorie burn, and stave off overeating, you can still lose weight while you sit. And even though these tips can help you

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### **How to Avoid Weight Gain While Working a Desk Job with**

Subtract that healthy weight from your current weight to see about how much weight you should lose. Speak to your doctor about your weight and weight loss plan to make sure it's a healthy and safe option for you.

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### **How to Lose Weight Working Nights 13 Steps with Pictures**

Due to this, you may have trouble making time in your routine for exercise. However, if you want to lose weight, regular exercise needs to be part of your schedule. Find a time that works for you to exercise. Exercising after work is probably not practical, and may actually be dangerous if you're jogging on the street at 3AM. However, see if you can find time in the afternoon.

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## **How to Lose Weight and Get Fit While Working Insane Hours**

I work hard. I love what I do. I've been in the tech industry most of my career, and it is fast-paced and ever-changing. That is especially true in the startup world, which I have been a part of

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