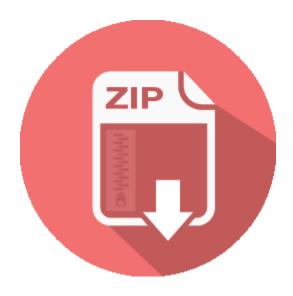
# **HOW TO WORKOUT TO LOSE WEIGHT**



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## How Long Should I Work Out to Lose Weight Verywell Fit

The best method to determine how long to work out shouldn't be based on trends. Of course, you can (and should!) still include short workouts in your fitness schedule.

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