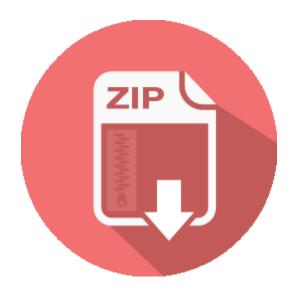
LOSE WEIGHT PROGRAM



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Selecting a Weight Loss Program Home National Heart

No matter how much weight you have to lose, modest goals and a slow course will increase your chances of both losing the weight and keeping it off. References: Methods for Voluntary Weight Loss and Control.

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Choosing a Weight Loss Program WebMD

Choosing a Weight Loss Program When you're looking for a weight loss program, it's wise to look for one that will meet your needs and set you up for long-term success.

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