

## [NUTRITION AND WEIGHT LOSS](#)



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What You Need to Know Before Getting Started Weight loss can be achieved either by eating fewer calories or by burning more calories with physical activity, preferably both.

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### **Nutrition Weight Loss Weight Loss Wellness Sharecare**

You've probably heard 'you are what you eat' at least a hundred times, but next time you do, don't dismiss it. Nutrition and weight loss are inextricably linked and without the proper diet plan, it won't matter how much exercise you do.

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