

[THINGS YOU CAN DO TO LOSE WEIGHT](#)



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Are you trying to lose weight? There are many things that help weight loss besides a fad diet and exercising once in a while. It needs proper planning and a lot of determination.

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However, your weight can be used as a useful feedback system to see what you're doing right and to motivate you. I'd recommend using the trend-oriented spreadsheet used in the Hacker's Diet . 2.

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If you're thinking about taking any weight loss product, ask your doctor first. It's best to focus on what's proven to work for weight loss, including your diet.

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