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Here are their top tips on how to lose weight without sweating it too much. 1. Add, Don't Subtract. Forget diet denial: Try adding foods to your diet instead of subtracting them.

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To lose weight and keep it off, you need to learn how to eat the right amount of food. For example, chicken breast is great for you, but not if you eat too much of it.

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To lose weight in one month, decrease how many calories you eat every day by 500 so you lose 1 to 2 pounds a week at a healthy pace. Eat nutrient-dense foods that are low in calories, like lean meat, eggs, legumes, and leafy greens. Cut out unhealthy, sugary foods like soda, candy, and sweets, and try to drink 8 glasses of water every day.

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So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it's going with people who can relate.

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