

## [TIPS TO HELP LOSE WEIGHT](#)



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Your figure won't get slim and slender at the click of your fingers. However, that doesn't mean you have to torture yourself with exhausting exercise and strict diets although you obviously can't do without some physical activity and healthy eating.

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Before you do anything, determine the ideal weight you'd want your cat to be. Determine ideal calorie intake. The cat must eat less calories than usual in order for it to lose the excess weight. There are websites online that can help you calculate the required calorie intake for cat weight loss.

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### **23 Best Weight Loss Tips According to Nutritionists**

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