

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



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Here are 10 more tips to lose weight even faster: Eat a high-protein breakfast. Eating a high-protein breakfast has been shown to reduce cravings and calorie intake throughout the day (16, 17). Avoid sugary drinks and fruit juice. These are the most fattening things you can put into your body, and avoiding them can help you lose weight (18, 19).

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When you lift heavier weights, you tend to burn more calories and thereby, use more energy. You'll get a much greater after-burn effect from lifting heavier weights because of the high intensity and your body's metabolism will burn more fat to help your body recover from the workout. So these are the 9 Tips to lose weight fast.

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But soon, you're eating cupcakes at the office and grabbing happy hour mojitos, thinking, Oops, diet over. There is a better way: Swap the all-or-nothing approach for one or two healthy switch-ups in your daily routine. "Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, RD, author of The Cheater's Diet.

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Throw all the others away. Or give them to a colleague you hate. How To Lose Weight Fast For Women Tip #3: Start a simple exercise routine Every fat loss program needs to have an exercise component. It doesn't even have to be an actual exercise like jogging or swimming.

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