

[WEIGHT LOSS BY EXERCISE](#)



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Exercise and Weight Loss Importance Benefits Examples

The type of exercise you choose for weight loss doesn't matter as much as whether or not you're doing it. That's why experts recommend you pick exercises you enjoy, so that you'll stick to a regular routine. Aerobic. No matter what exercise program you implement, it should include some form of aerobic or cardiovascular exercise.

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Weight loss Wikipedia

Weight loss, in the context of "Unexplained" weight loss that is not caused by reduction in caloric intake or exercise is called cachexia

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Exercise and Weight Loss WebMD

WebMD explains the health benefits -- and weight loss opportunities -- of even the most mundane physical activities.

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