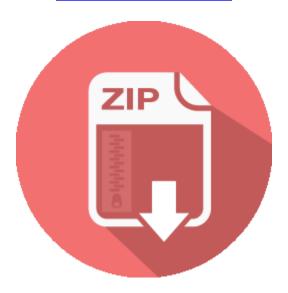
# **WEIGHT LOSS T**



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FACT: Most people may not realize that weight-loss supplements aren t approved or tested in the United States, Shiffman says. On some level, Americans feel that they some government

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You don't need to exercise to lose weight on this plan, but it is recommended. The best option is to go to the gym 3 4 times a week. Do a warm-up and lift some weights.

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