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Still, if you re wondering which workouts will best support your diet-driven weight-loss goals, research suggests high-intensity physical activity is best. Think short bursts of all-out sprinting or cycling, rather than extended runs or rides. All exercise is good for you.

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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. In fact, we talked to readers who knocked off 10, 25, even 60 pounds with some easy tweaks.

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