

## [WHAT ARE SOME GOOD WEIGHT LOSS TIPS](#)



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You can't eat 10,000 calories a day and expect the weight to come off, even if you are exercising a lot. Which brings us to the next thing. Duh, Exercising This is a must especially if you need to a lot of weight. Get at least 30 mins of some good hardcore exercising. Do some cardio, in the long run, it's good for the heart.

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### **26 Weight Loss Tips That Are Actually Evidence Based**

Some studies show that chewing more slowly can help you eat fewer calories and increase the production of hormones linked to weight loss (47, 48). Also consider chewing your food more thoroughly.

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Weight Loss Tips for Beginners Your weight affects you in many ways other than your appearance. Your weight can also affect your quality of life, self-esteem, your health, your mental well-being and your ability to carry out certain physical tasks.

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Avoid added sugar, which means most processed foods. You don't have to worry about foods that contain sugar naturally. Fruit juice though should be avoided.

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### **Easy Weight Loss Tips 10 Painless Ways to Lose Weight**

If 10 tips for painless weight loss (or maintenance) aren't enough, how about trying some of these ideas from WebMD's weight loss community members? Eat at the same times every day (including snacks).

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Weight Loss Tip 1 Don't skip breakfast. Whatever you do follow this advice, because otherwise you are much more likely in fact prone to binge later in the day. Weight Loss Tip 2 Don't eat anything for at least an hour before going to bed. Weight Loss Tip 3 Don't snack while watching TV. It's acceptable to eat a meal while watching television, but never is snacking at this time acceptable.

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### **Weight loss Tips and Overcoming Dilemmas**

Below are some weight loss tips to some of the more common dilemmas when trying to lose weight. We hope to overcome your dilemmas with these weight loss tips! We hope to overcome your dilemmas with these weight loss tips!

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Best Answer: hi dear just follow these simple tips to shed extra pounds from your weight - take balanced diet - take 5 meals in the day - add fruits and vegetables in your meals - zip your lips for fried and fast foods - avoid colas and sweets - drink more water and fresh juice - do regular workout, yoga or

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