

[WHAT I NEED TO DO TO LOSE WEIGHT](#)



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Don't panic there is hope. If you want to lose weight, simply find out which common weight loss mistakes might be preventing you from getting the results that you want. Then make simple changes to tweak your weight loss plan and slim for good.

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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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If you want to lose body fat, you need to maintain a calorie deficit while increasing your exercise and strength training. However, lower body fat does not necessarily mean a lower body weight; muscle is heavier than fat, meaning you need to decide what the priority is with your weight-loss goals.

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So ask your family and friends to support your efforts to lose weight. You might also want to join a weight loss group where you can talk about how it s going with people who can relate.

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