WHAT THE BEST DIET TO LOSE WEIGHT



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First, keep in mind that many experts say it s best to lose weight gradually. It s more likely to stay off. If you shed pounds too fast, you ll lose muscle, It s more likely to stay off.

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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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