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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

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What's the best way to lose weight HowStuffWorks

The best way to lose weight is to move more and eat less. But it is also true that in order to do so and be successful, you have to change the way you think.

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What's the Best Exercise to Lose Weight Cardio or Lifting

For decades, conventional wisdom (and Jane Fonda) said cardio was the best exercise for weight loss. Then strength training muscled its way into the spotlight as the must-do move for revving your

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How to Lose Weight Cleveland Clinic

The Very Best Way To Lose Weight & Keep It Off It's no secret: People who lose weight slowly by eating less and exercising more tend to keep the weight off. Find out more.

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The Best Way to Lose Weight POPSUGAR Fitness

A healthy diet is key to losing weight, but if you have more than a few pounds to lose, that alone isn't the most effective way to get you to your goal weight. You'll have to incorporate exercise

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The Best Way to Lose Weight for You Consumer Reports

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