WORKOUTS THAT HELP YOU LOSE WEIGHT



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Let's say that during this quick weight loss workout -- you have a hard time doing all 15 jump squats in a row -- just do about 2 or 3 at a time -- catch your breath -- and then finish.

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Edit Article How to Use Exercise to Help You Lose Weight. Exercise is the key to a healthy lifestyle; doing it the right amount can push you forward to your weight loss goals, in addition to doing favors for both your body and mind.

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