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you are making real changes to your lifestyle which is fantastic to stick with your new habits 1 review your plan 2 look at the goals you set and how well you see more

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web nov 2 2016 1 cut out soda 2 cut out juices 3 drink more water 8 8 oz cups per day 4 walk to work if distance permits 5 get a gym membership 6 come up with a

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web nov 10 2023 1 monitor blood sugar levels before starting your night routine check your blood sugar levels to gauge where they are at and determine any necessary adjustments