

10 TIPS TO LOSE WEIGHT



- 1: Set realistic goals
- 2: Create a calorie deficit
- 3: Eat a balanced diet
- 4 :Practice portion control
- 5: Limit added sugars and sugary drinks

-
- 6: Stay hydrated
 - 7: Be mindful of your eating habits
 - 8: Increase physical activity
 - 9: Get enough sleep
 - 10 Seek support



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Guide To Implementing The Weight Loss

Lingsheng Yao



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