

# 101 Real Ways To Lose Weight W/ + Mrr

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This ebook comes with resell rights 101 REAL WAYS TO LOSE WEIGHT Samples: General Weight Loss Tips

1. Set realistic goals. Anyone who has ever set an unrealistic weight loss goal will tell you that not meeting your own expectations is the fastest way to fail at weight loss. You should plan to lose no more than 1-2 pounds per week. In general, people who set realistic goals will exceed it during at least the first few weeks. Exceeding your weight loss goals will give you something to get excited about, and keep the weight loss process positive.

2. Get support. When you make the decision to lose weight, enlist the help and support of your friends and family members. Having people around you who will encourage you through the process is a great way to start. Be careful about telling those people who might be discouraging, either by not supporting your goals or by hounding you every time they see you eat something that they deem inappropriate for someone who is dieting. Neither of these scenarios is helpful!

3. Learn to keep things in moderation. When your goal is to lose weight, remember the old saying...all things in moderation. By following this mantra with eating and working out, you will lose weight at a reasonable pace and feel good while doing it!

4. Join a program. Weight loss groups like Weight Watchers are popular for more than just their diet plans. They help people to form a community with other people who have the same goals. This extended support network is great for making weight loss more exciting - having someone with whom you can share your excitement. It is also a great way to talk through some of the issues that you might be experiencing with your weight loss program. Support is crucial when you are attempting to make major lifestyle changes.

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