

WEIGHT LOSS TIPS

1 Eat more fruits and vegetables.



2 Eat healthy and slowly.



3 Eat breakfast. MILK



4 Drink more water.



5 Do exercise.



6 Walk every day.

7 Eat less processed food.

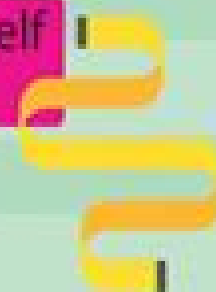
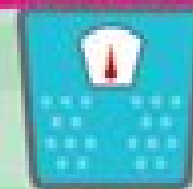


8 Drink less soda.



9 Sleep well.

10 Measure yourself regularly.



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