

WEIGHT LOSS TIPS

1

Eat more fruits and vegetables.



2

Eat healthy and slowly.



3

Eat breakfast.



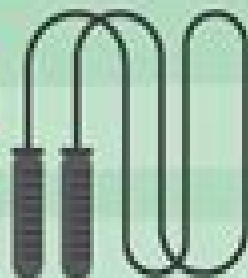
4

Drink more water.



5

Do exercise.



6

Walk every day.

7

Eat less processed food.



8

Drink less soda.

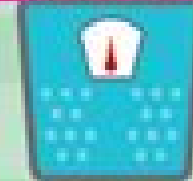


9

Sleep well.

10

Measure yourself regularly.



Tips Weight Loss

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

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