

WEIGHT LOSS TIPS

1

Eat more fruits and vegetables.



2

Eat healthy and slowly.



3

Eat breakfast.



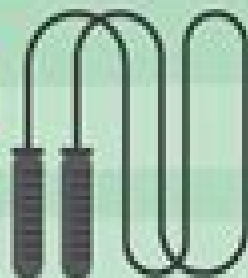
4

Drink more water.



5

Do exercise.



6

Walk every day.

7

Eat less processed food.



8

Drink less soda.

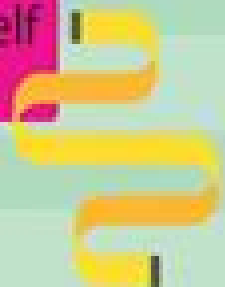
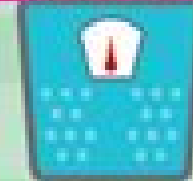


9

Sleep well.

10

Measure yourself regularly.



Tips Weight Loss

Jianjun Gao



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restauracjach deserach w ulubionej cukierni a kawę należy wypić w najlepszej kawiarni właściwie to jest paryska dieta o tym
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czym pierwsza jest najbardziej surowa w przeciwieństwie do innych diet dr cohen mówi że tu masz swobodę odchudzania się
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pozbyć się nadwagi a po zakończeniu kuracji odchudzającej stopniowo powrócić do normalnego sposobu odżywiania się bez
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