

\*Weight Loss: defined as a decrease of at least 5% of baseline body weight

\*Weight Maintenance: defined as remaining at a body weight of at least 5% less than baseline body weight for a minimum of one year.

# **Framework Weight Loss**

**Ensheng Dong** 

Framework Weight Loss:

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Framework Weight Loss**. In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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