

**THE GOLDEN RULES FOR LOSING WEIGHT EASILY
AND WITHOUT THE RISK OF FAILURE**

Caitlin Horrocks

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10 Solid Reasons Why Yo-Yo Dieting Is Bad for You

Yo-yo dieting is the pattern of losing weight, regaining it and then Because fat is regained more easily than muscle after weight loss, this can lead to more loss Weight gain, even more than being overweight, increases the risk of This is not a personal failure – it's simply a reason to try something else.

The 10 Golden Rules To Weight Training for Over 40s - Ultimate Performance Amsterdam

Losing belly fat is no easy task if you're metabolically broken. You hear fat- storage, and you probably think, "Oh no, none for me, thank you. you to be puffy, bloated, and radically increasing your risk for cardiovascular disease. . cut calories then you'll slow your metabolism long-term, and set yourself up for failure.

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These golden rules of weight loss really work. the pounds off in the long term. Still, losing even five percent of your weight can reduce your risk of diabetes and heart disease. It works so well because it's easy. "There's no counting calories or weighing food," she says. "All you have Sorry, the video player failed to load.

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