

TIPS OF LOSING WEIGHT

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WebMD spoke to weight loss experts and everyday people who've figured out a few painless ways to lose weight -- and keep it off. Here are their top tips on how to lose weight without sweating it.

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16 Ways to Lose Weight Fast Health

"Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, RD, author of *The Cheater's Diet*. In fact, we talked to readers who knocked off 10, 25, even 60 pounds with

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