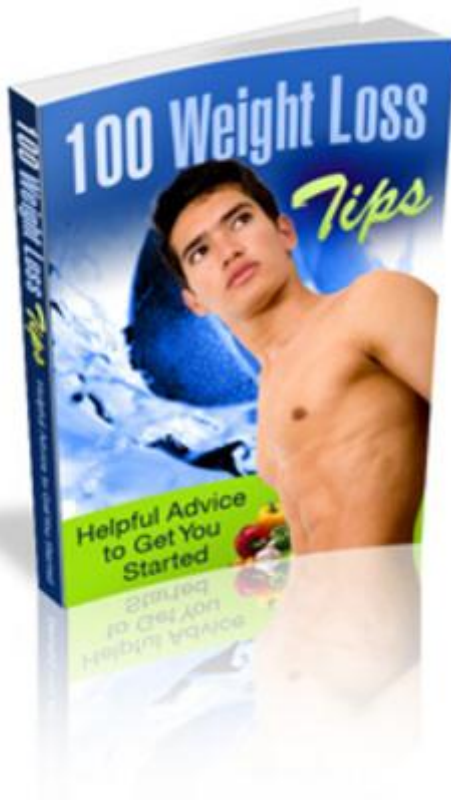


100 Weight Loss Tips



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Learn how to lose weight with these useful and effective tips. Start today ! Quick insight of what you'll find: **WEIGHT LOSS BEGINNING WITH WHAT YOU DRINK** First and foremost, people don't realize that what they drink is the first step in losing that first 10 pounds. In fact, most people don't know that when they feel hungry, they may actually be dehydrated and they are really thirsty, not hungry. Water is remarkable as well. Over 66% of your body weight is nothing but water. This is also why water plays an important role in weight control. So TIP #1 is: Drink plenty of water. It is recommended that you drink 8 glasses per day, but that may take you some time to work up to. Your body needs a whole lot of water. Water doesn't just flush all the toxins out of your body, but it makes you feel better and healthier. When you drink a lot of water you just begin to feel fit and this is the motivation you need to lose weight. The best thing about water is you can drink as much as you want because it has no calories at all. When you're drinking a lot of water, you eat less as well because you won't feel as though you are starving to death. Remember, if you feel hungry, try drinking a glass of water first and you'll realize you were probably just dehydrated and not hungry at all.

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