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Losing weight is a simple maths equation - you need to burn more calories than you consume each day. But what you eat and how you exercise can make all the difference

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I don't have the food guide booklet, and I read somewhere that it's not going to work if you dont follow the meal plan. Any suggestion?, team41173board

### **Fat- burning foods and exercises to lose the**

WebMD consulted an exercise physiologist and an exercise physiologist/registered dietitian to find out how best to burn fat -- once and for all!

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