

5 Tips For Starting On A Weight Loss Journey



Start out by setting weight loss goals



Consult a dietitian to create a balanced diet plan



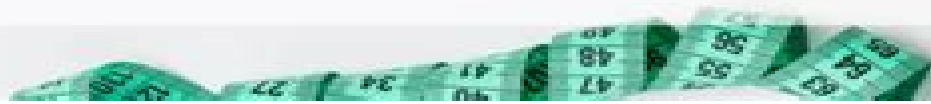
Create a workout plan you can follow consistently and that is appropriate for your body



Outline which lifestyle habits you may need to optimize



Consider tracking your symptoms



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