

# **10 TOP SECRETS TO LOSING WEIGHT**

**Margaret Tran**

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And it needs to be Ice cold water. It is to lose weight and maintain the new weight as is for years to come. Itsortofbecomespartofyouridentityanditwillalwaysgetbroughtupbytho Exercise Portion Control or Count Calories. Studies show that people lose more weight when they do it together, so boost your chances for success: enjoy real meals with your friends and family. Just make room for the calories by passing on something else—perhaps bread. WeightLost:84Pounds.The recommended serving size for carbs is?