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Diet vs. Exercise: The Smackdown

A lot of people go on diets and a lot of people exercise. But is one better for you than the other? Click on the link to find out if one is really better than the other.

In a perfect world, everyone would work out enough and eat right all the time. But that's not always possible, so we turned to the experts to find out what really matters most—dieting or exercise—for losing weight, fighting disease, and boosting overall well-being. Here, we crown the champ in each category

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