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# **Eat Smart, Boost Calorie Burn**

Check out these eight tips on how to eat healthy and lose weight fast. These tips on how to eat healthy and loss weight were created by the trainers on The Biggest Loser. Click on the link to get the tips.

**Now you can learn to shed pounds using the very same diet strategies that Bob Harper and Jillian Michaels share with contestants at The Biggest Loser ranch. As Bob and Jillian like to say, when you're trying to lose weight, success depends on one person: you. Make the commitment to eat healthier and amp calorie burn and the pounds will start to melt off. Are you ready?**

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