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## How to watch your weight?

Posted by angel\_of\_vengeance - 2008/02/20 07:10

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How to watch your weight?

1. Buy a weighing scale. It is one motivational tool to keep track of your weight.
2. Eat more veggies, passed on junk foods and sweets. Have that determination. It is either you quit, or sexiness will quit on you!

So, aim for sexy. It is never bad to look good.

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## Re:How to watch your weight?

Posted by Fatburner1 - 2008/02/20 11:39

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Well sometimes I get obsessed with my weight until I look into the mirror constantly and measure my weight everyday using the scale. It can really gets into your mind.

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## Re:How to watch your weight?

Posted by Aspire7 - 2008/02/21 09:46

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I like the point number 2 which you mention here. I think determination is very important. Without it, failure looms.

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## Re:How to watch your weight?

Posted by Jenson - 2008/03/01 00:56

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Obviously two methods which one can always use is by using scale and another by looking into the mirror.

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## Re:How to watch your weight?

Posted by fitmom088 - 2008/05/30 03:30

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I don't care what diet you're on or what scale you use. If we can't control our cravings then weight loss will only be very short lived. I had that problem awhile ago with cravings. No matter what diet I tried or what I did, I lost weight but put it back on because I couldn't stop thinking about food. I ended up adding an appetite suppressant to my life and it worked for me. The cheaper stuff in stores never worked. I found one at: [PureFatBurning.com](http://PureFatBurning.com) It was very real. Expensive but it worked. I'm over 30 lbs lighter because I got control of my cravings.

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