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Or BMI, ≥ 25) And Obese (BMI ≥ 30) Categories Making Up Around 70% Of The American Population Currently, Weight Loss And Mar 2th, 2024A Guide To Intermittent Fasting - Alex Nguyen• Want To Learn The Basic Of Intermittent Fasting • Want A To Improve Their Health • Experience A Consistent And Manageable Way To Lose Weight . • Want To Adhere To A Diet And Without The Hassle Of Being Limited To Certain Foods. • This Manual Assumes That You Have An Exercise Program To Accompany An IF Diet Program. Mar 2th, 2024.

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