# 减肥（Losing Weight）

来源：网络 作者：琴心剑胆 更新时间：2024-01-30

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　　减肥（losing weight）

　　with the development of the morden living standard,more and more people are becoming fat. so losing weight has become a popular topic in people’s dialy lives.many media such as books,magines,newspapers are talking about losing weight.in my opinion,jogging and dieting are very helpful ways of losing weight.

　　jogging is the easiest and cheapest way of shaping the body.you can do your exercises whenever and wherever you like and you don’t spend a lot of money losing your weight.

　　at the same time,dieting has become a common way.too.many people have little food therefore,lack of nutrition leads to weakness.

　　so if you want to lose weight,you should do according to the condition of yourself and do some exercises properly.

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