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How to lose weight fast and well?

Lose weight quickly in 5 minutes? Lose weight quickly in 15 minutes? Lose weight quickly in 30 minutes? Possible! Just follow the good **slimming tips**. As Like eating a balanced diet, drink plenty of water or breathe mint.

To fulfill your wish (**lose weight quickly**), Cosmo becomes the best slimming coach. It helps you to lose weight without diet and **lose weight by zone**.

If you want a perfect silhouette, you will discover all the tips of stars to lose weight quickly. As a healthy diet, **slimming recipes** and choose a sport to lose weight .

Good tips for losing weight fast

First must: drink water. Exit sodas, juices and other soft drinks. Drinks contain an average of one hundred calories per drink. Without realizing it, you can easily gain weight or retain water.

By drinking a lot of water, we eliminate the overflow of water. It may seem odd but drinking water helps to overcome water retention and **say goodbye to bloating** and other swollen legs.

Remember to do regular physical activity. Sport is your ally for [losing weight](#). Find the best sports to refine and say goodbye to the extra pounds.

And of course, adapt your diet to your activity and your metabolism. Protein is the ally of sports, green vegetables, the privileged ally of your diet.

Bet on the foods burn-fat: green tea, lemon, pineapple... These **powerful antioxidants** participate to evacuate the extra pounds.

The risks of a fast regime

And then, because you have to be perfectly informed, Cosmo delivers you, also the risks of a **quick diet** so that your experience does not turn into a nightmare.

Finally, as everyone at his cruising speed, Cosmo offers to test you to know what is your diet.

Lose weight fast or lose weight slowly? How to lose weight fast and well? How to lose weight without taking back? How to lose weight quickly without effort? How to lose weight quickly with sport?

Slimming diets, slimming exercises and new habits, discover a **slimming program tailored to lose weight fast** , chrono in hand!



[This Super Simple Morning Habit "Accidentally" Melted 84 LBS Of Fat](#)