

**THIS IS NOT A DIET. ITS A LIFESTYLE.**

Jade Crismon

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## **It's a Lifestyle, Not a Diet: What Exactly Does that Mean?**

We know that permanent weight loss is not achieved with a "diet," but rather a lifestyle. So how exactly does an unhealthy lifestyle differ from a healthy one?.

## **It's not a diet, It's a lifestyle change. |**

Diets don't work, if you want to lose fat and keep it off you have to make a lifestyle change. Diets are temporary but lifestyle changes are for life.

## **"It's Not a Diet It's a Lifestyle Change" is Bullshit - Dances With Fat**

Research suggests the issue is not about diets, but a lifestyle change It's a change you make until you achieve a specific outcome (often a.

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