

## LOSING WEIGHT FOR WOMEN

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As women age, weight creeps up too, with the average women gaining about one pound per year in their 40s and 50s, resulting in an added 10 to 15 pounds. The drop in estrogen levels during this time of perimenopause (the years leading up to menopause) contributes to weight gain and can change the way you distribute fat. You may gain weight in your belly more readily than you did in younger years.

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### **How to Lose Weight for Women Over 40 7 Steps Avocadu**

Losing weight at 20 is FAR different than after 40, so let s explore how to lose weight for women over 40 in just 7 steps! According to Dr. Oz, a woman s metabolism slows down by 5% every ten years after she hits 40. Ouch.

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### **Weight loss and women womenshealth gov**

After losing weight for about six months at the rate of up to 1 pound per week, most people hit a plateau, or a weight that doesn t continue to go down. Once you lose weight, your resting metabolism (how many calories you burn at rest) goes down. At a lower weight, your body needs fewer calories to sustain itself.

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### **Tips for Losing Weight 28 Weight Loss Tips From Women**

Total weight loss: 110 pounds. 1. Start small. "I began walking or jogging for 15 minutes a day. I worked up to 30 minutes, and then increased it again.

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