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Answers
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We've put your fitness queries to our experts, who have all the answers for keeping fit and healthy in middle age ...

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~~From how to eat during the menopause to banishing moobs, your midlife fitness questions answered~~

Maintaining a healthy diet shouldn't mean depriving yourself of all the foods

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Answers you love. Achieving that feel-good, eat-well balance is really a numbers game.

~~What Does Eating a Balanced Diet Actually Mean? Breaking Down the 'Good' to 'Bad' Diet Ratio~~

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A new study found a significant link between unhealthy diet and poor mood, especially among its female participants. Here are the specific foods to avoid.

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~~Answers~~
~~One Major Side Effect of an Unhealthy Diet for Women, Says Science~~

Automated emails and letters providing personalized feedback related to cafeteria purchases at workplace helps employees to

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Answers
make healthier food choices.

~~Personalized Intervention
Improves Food Choice in
Employees~~

When you're short on time,
these ready-to-eat meals and
ready-to-make meal kits are

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Answers delivered to your door and pass our nutritionist's tests.

~~The 5 best healthy meal kits and pre-made meals, according to a nutritionist~~

June 02, 2021 - 15:03 BST

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Answers
Kate Thomas Queen Letizia of Spain is reportedly a big fan of the super healthy ... Diet', loved by celebrities like Adele. Aimed to be more of a lifestyle choice ...

~~Queen Letizia's healthy~~

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~~Answers~~
~~daily diet revealed: what~~
~~the royal eats for~~
~~breakfast, lunch and dinner~~
Lala Kent declared via
Instagram Story, "I wanna
mention it all. Ask me
anything," and she meant
anything. In the hours that

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Answers, the Vanderpump Rules cast member ...

~~Lala Kent Opens Up About Her Diet & Exercise Routine~~

Lifestyle changes for demand-side climate change mitigation is gaining more

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Answers importance and attention. A new IIASA-led study set out to understand the full potential of behavior change and ...

~~What Facebook can tell us about dietary choices~~

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Answers
BRETT ARENDS'S ROI

Scientists have finally found clear and convincing proof of how the modern world, with its lousy food, sedentary lifestyle, and daily frustrations is affecting us as we ...

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~~Scientists discover the key to healthy aging in the Amazon~~

However, she cautions that if you have a "serious health condition that requires a high protein diet

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Answers or a low carbohydrate diet," this might not be a good choice ... can create a healthy eating ...

~~What to Know About the Sirtfood Diet~~

Quiz shows are a staple of

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Answers
British TV. From Anne Robinson yelling at contestants on The Weakest Link in the noughties (she went way past character building) to the horror that is Quizness in 2021, ...

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~~This is what your favourite British quiz show says about you~~

Satisfy your cravings in a healthy way. A sweet tooth is meant to be satisfied - yes, even if you're watching your weight. Dessert, after

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Answers all, is one of life's pleasures, and deprivation typically ...

~~13 Healthy Desserts That Are Tasty Too~~

I'm wondering specifically if there might be a

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~~Answers~~ correlation between these dietary-induced low omega-3 levels and our epidemic of dementia and Alzheimer's disease.

~~Dear Doctor: Is diet related to Alzheimer's and dementia?~~

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Answers Banana is easy to eat, travel with and is equally healthy. There are various benefits and ways of incorporating bananas into your calorie-conscious diet, that will have you fall in love with the fruit ...

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~~Superfruit Banana Is Here To Take Over Your Calories - Conscious Diet~~

The Mayo Clinic says the diet encourages the reduction of sodium and is a "lifelong approach to

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Answers
healthy eating ... Race
Massacre Memorial Day
weekend a test for Americans
as infections drop ...

~~Popular DASH diet may do
more than just treat high
blood pressure, new study~~

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The author always admired her great-grandfather's secret to a long life. And using beans as a source of protein and fiber was part of it.

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~~Keep it simple, cheap and healthy with beans — and these recipes~~

Not that we're complaining about working from home, but operating out of our bedrooms does mean reduced activity. Plus, takeouts or

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Answers a trip to dabao from your nearest coffee shop aren't always the ...

~~Keto to low carb: 8 healthy meal deliveries in Singapore under \$15~~

Now for the main features of

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Answers
this diet supplement. Keto Charge essentially contains a host of healthy salts that effectively ... They come with a 60-day, no-questions-asked money-back guarantee ...

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