

Download Lose Weight, Think Slim

2. Cardiovascular exercise to slim thighs. This is the main tool in your arsenal. If you want to burn fat without gaining much muscle mass in the thighs, keep the resistance or incline low. The Prime Slim weight loss supplement offers you an exciting new weight loss strategy with an exotic natural extract. Learn more in this review! How Fast Will I Lose Weight? It mainly depends on how overweight you are along with these other factors but generally... You'll always have rapid weight loss at the beginning of any weight loss program (like this lady who lost 35 pounds in her 1st month. or this guy who lost 30 pounds in 30 days) and after the rapid weight loss, Your weight loss rate may slow down to an average of losing 10lbs. Get an online weight loss buddy to lose more weight. Karramba Production/Shutterstock. A University of Vermont study found that online weight-loss buddies help you keep the weight off.