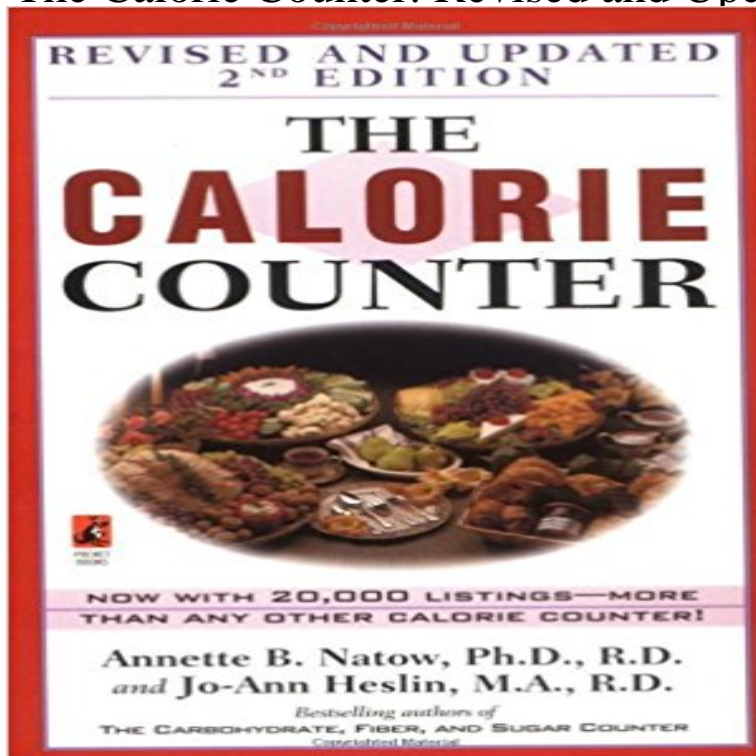


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- * Balance the number of calories you eat with the number of calories you burn
- * Burn more calories with simple everyday tasks
- * Determine how many calories you need for your body and lifestyle
- * Avoid the health risks of taking in too many calories

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