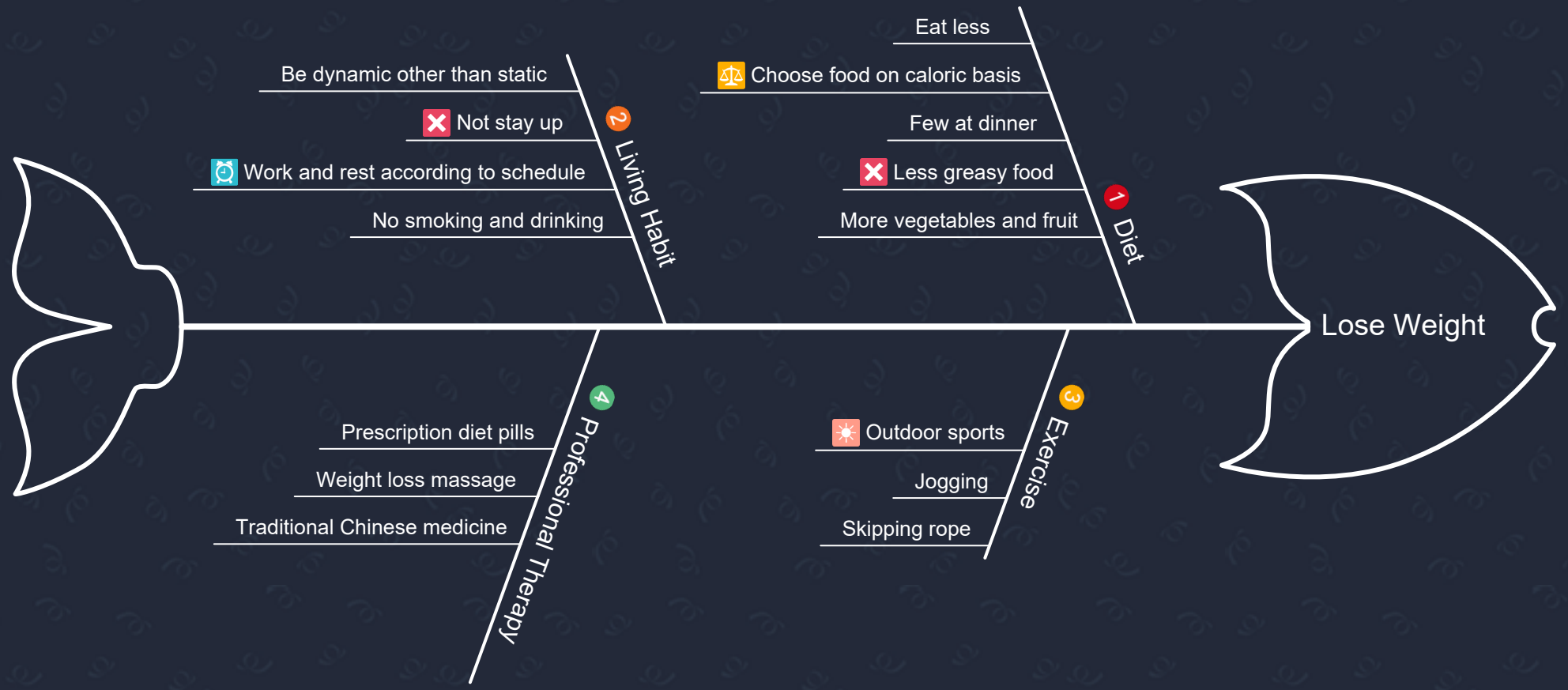
Lose Weight
1 Diet
Eat less
Choose food on caloric basis
Few at dinner
Less greasy food
More vegetables and fruit
2 Living Habit
Be dynamic other than static
Not stay up
Work and rest according to schedule
No smoking and drinking
3 Exercise
Outdoor sports
Jogging
Skipping rope
4 Professional Therapy
Prescription diet pills
Weight loss massage
Traditional Chinese medicine