Can eating healthy make you lose weight?

Losing weight is a process of intentionally reducing one's body mass by shedding excess fat and, in some cases, muscle tissue. It is often pursued for health reasons, aesthetic goals, or to improve overall well-being. The primary goal of **lose weight** is to achieve a healthier body composition and reduce the risk of various weight-related health conditions, such as cardiovascular diseases, diabetes, and certain types of cancer.

 Stay Healthy Here is the home of Weight Loss, muscle gain, Fitness and General Wellness.