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Reasons why you are gaining weight: When you eat dinner late night at 10 pm can cause obesity, weight gain and high blood sugar levels instead of calories. **So, start eating food at 6 pm can help to burn fat.**



Unfortunately, some girls and women experience breast pain during exercise. This happens due to the movement of the breast tissue during jogging, running, or exercising your body, in general. The solution is simple: wear a sports bra.



Don't Sleep in Pajamas
Sleeping in pajamas that are too warm affects the quality of your sleep. The ideal fabric for bedtime is cotton, as it lets your skin breathe and helps you to stay comfy.

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