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Long term drastic calorie restriction simply does not WORK for fast fat loss. It requires a HUGE amount of sacrifice, and frankly, the results don't even come close to warranting the effort.252 Responses to “How to Lose 10 Pounds in 3 Days” ethan Says: 03-30-07 at 9:24 pm. I am 16years old am 180lbs I now eat twice a day and walk for 1hour every day also I am active in football and cycling is that good enough for me to lose weight and keep it off permanently.Get the latest health news, diet & fitness information, medical research, health care trends and health issues that affect you and your family on ABCNews.comWant to do something cool in 2019? One of the best ways to leverage your spare time in the upcoming year is to learn a new skill. Just think about the most successful people in the world. - Impress The World With Your Body In Seven Days How To Live Your Healthiest Life Ever