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[Rebel Wilson's "Year of Health" is still going strong, and she's in better shape than ever. On Sunrise, an Australian morning show, the actress and host of Pooch Perfect, 41, revealed new facts about her weight loss struggle. "I shed roughly 35 kilos \[77 lbs\] since I started changing my lifestyle," Rebel told hosts David Koch and Natalie Barr. In the last year, her life has "changed tremendously." "I went to the doctor last week for my yearly check-up, and he's like, 'Oh my God, all your labs and blood work is the greatest it's ever been, and you know, it's kind of unbelievable,'" she recalls. Rebel remarked. Despite spending the entire day on set, she feels more energised. "I used to have to kind of lie upside down and put my feet up on the couch after a long day at work" we'd frequently shoot 16-hour days"and now I don't have that," Rebel said. #Australia #Sydney #Celebs #Entertainment](#)

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