

Today, we will talk about diet and _____. Exercise is important if you want to _____. But experts say exercise alone is not enough if your goal is to _____.

It is that time of year again. Warm weather _____ to earth's northern hemisphere. Summer is a time when people of all ages feel like getting their _____ and going to the nearest swimming pool or _____.

But first, there is that _____ little thing called winter weight gain. Many of us gain weight because of _____ during the winter.

Some people _____ to lose that extra weight before going to the beach. In the _____, there is never _____ about how to lose weight. Consider the "Sleeping Beauty diet," where you sleep your way to weight loss. You cannot eat if you are sleeping, or so the _____.

Then there is the _____ diet. The tapeworm is said to help people lose weight by eating the food that is stored in their _____. But first you have to be _____ the little _____. This may be more trouble than many people want.

Strange, new diets, _____ and exercise programs arrive on the market every day. Each one promises to help people lose weight and get a beach beautiful body. The weight loss industry _____ billions of dollars each year, and it is growing.

One research company says the weight loss business will be worth more than _____ worldwide by the year _____. MarketsandMarkets also says the food and drink market _____ the largest part of that growth. It is expected to reach more than three hundred fifty five billion dollars by twenty fourteen.

There is a _____ about how to lose weight. There are _____ diets and low-fat diets, diets that _____ and ones that let you eat as much as you want. And, there are thousands of different kinds of diet pills and programs. So where does one begin? Which one is best?

Experts say there is no single diet plan that works best for everyone. Many experts agree on one thing: that to lose weight, you must use or _____ more calories than you take in. When you eat more calories than your body needs, it stores that _____ as fat.

Calories are a measure of energy in food. A pound of fat is equal to about four hundred fift three grams or three thousand five hundred calories. To lose that fat in a week, you have to y _____ at least that amount in calories or eat that much less. The best thing to do is to _____ both ideas. Eat fewer calories and increase _____ so that you burn off more.

America's National Institutes of Health _____ that women limit calories to no less than one thousand two hundred calories a day without _____. It also says men should have no less than one thousand five hundred calories. _____ continues about the best way to fill those _____.

For years, eating a diet low in fat was said to be the best way to lose weight. A low-fat diet is one in which less than thirty percent of a person's daily calorie _____ comes from fat.

Dean Ornish developed one of the most popular low fat diets after years of research on ways to control _____. His dietary ideas were first _____ in the medical journal The Lancet in nineteen ninety. The Ornish diet plan became more popular in nineteen ninety-three with the release of his book "Eat More, Weigh Less."