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Match the phrases giving advice 1-5 with the reasons for giving it a-e.

1. not take such drastic measures as starving yourself
 2. eat several light meals throughout the day
 3. forget all about chocolate and other junk food for some time
 4. continue going to the gym but work out for no longer than an hour
 5. take up a mild form of exercise such as walking
- a. such foods have very little nutritional value
 - b. they are easier for your stomach to digest than one or two large meals
 - c. speed up your metabolism and burn off any excess calories
 - d. you only end up doing more harm than good to yourself
 - e. not exhaust yourself

