

Task 32

You are going to read a newspaper article about weight loss. Some parts of the text are missing. Choose the most suitable part from the list (A-L) for each gap (1-10) in the text. There is one extra part that you do not need to use. There is an example at the beginning (0).

Less calories + more exercise + behavioural changes = a trimmer you

Approximately 25 to 45 percent of people who join a weight-loss program are binge eaters – this problem really needs to be attended to before other weight-loss efforts.

There are an array of books designed to help us succeed in our weight-loss efforts. One of the latest such books is entitled *The New Maximise your Body Potential: Lifetime Skills for Successful Weight Management*, (0) _____.

Dr. Nash presents some interesting statistics which demonstrate that, (1) _____, at any given time, tens of millions of Americans are dieting. It's estimated that a quarter of all adult men and nearly half of all adult women are actively trying to lose weight.

She categorises the different phases that (2) _____. "Those who aren't actively dieting and are just talking about it, are stuck in either (3) _____ or the preparation stage. The contemplation stage is the one (4) _____, but you are not quite ready; you can think of both the pros and cons of changing, (5) _____. In the preparation stage, you know you want to take action, you realise the pros of weight loss outweigh the cons, (6) _____."

Believe it or not, Dr. Nash even says (7) _____. "If you jump into the action phase before you've given enough just due to the preparation stage – deciding when to do this, how to do this, and what the potential barriers are – (8) _____. That's when people who start a diet fall off it, and pretty soon arrive at the notion, 'I can't do this. I'm a failure. I'll never be able to do this.'"

Surprisingly, Dr. Nash says that about one-third of all the people who come to see a psychologist such as herself, (9) _____, are binge eaters, and they are usually overweight. She says that while binge eating, in and of itself, is nothing new, (10) _____. Exactly what is binge eating? Dr. Nash says that the technical definition is "Eating an amount of food or calories that is larger than most people would eat under similar circumstances, and an experience of not being able to stop it or control it."

Better Nutrition

- A what's called the contemplation stage
- B but they balance each other out
- C despite the fact that as a country we are growing fatter
- D that now is not always the right time to begin a weight-loss program
- E generally precede the decision to try to lose weight
- F it is just now being recognised as a disorder
- G then you can actually set yourself up for failure
- H for help with an eating disorder
- I and is written by clinical psychologist Joyce Nash, Ph.D
- J that keeps overweight people upset
- K but you aren't sure how to begin
- L in which you want to change