



WHY ARE SO MANY MEN SECRET DIETERS?

A survey has found that one in three men wouldn't tell anyone they were on a diet. So why is there so much shame surrounding this issue?

Before they even start dieting, men have difficulty accepting that they have a problem in the first place.

When you're trying to diet in secret in a busy office, says Dave Briscoe (not his real name), a researcher from Surrey, the trick is to accept each treat that is offered – but only one chocolate, and the smallest piece of cake. Accept less, and you'll be suspect. Accept more, and your plan will fail. "That was the rule I kept to," he says, "to avoid people asking awkward questions."

Briscoe isn't the only man who has dieted in secret. A survey of more than 600 men, conducted for the home delivery brand Diet Chef, found 90% wanted to lose weight, even friends and family. It seems that too much shame still exists around weight and a good proportion of people at any one time are likely to be dieting secretly. But this issue seems to affect men and women in different ways.

Phil Mundy, a food and diet writer says many men are unwilling to say they are on a diet. He thinks there might be more willingness among younger men to discuss weight in public – but the problem is, if they do, says Briscoe, it's still considered acceptable "to take the piss out of them, in a way you never would with women. It's seen as just a part of office banter, but for men it's equally upsetting. Why wouldn't it be?"

Bob Baker (again, not his real name), from Brighton, says the moment it becomes possible to discuss weight is often, and feels proud of their achievement. At that stage, Briscoe agrees, men will often start talking about it, "but in my experience they'll make it sound simpler, more sensible and easier than it probably was. They just cut out a certain food, or stopped eating after a certain time. They won't be telling the whole truth; just a version. They won't be saying: 'Actually, ' . They want to portray it like a DIY problem. 'There was a problem, and I fixed it.'"

There are mixed outlooks; support from family and friends can, of course, be helpful, but divulging your diet to anyone who might respond with fat jibes could prompt a sorry descent into comfort eating, says Mundy.



When it comes to this subject, we probably all just need to grow up, so it can be discussed honestly and clearly. It's not an uncommon problem – and it shouldn't be an unspeakable one.

- A. to have had eating disorders
- B. on whether it is healthier to be open
- C. when a secret dieter has shifted a good few stone
- D. that highlight the importance of being open-minded
- E. this has been quite a big part of my everyday thoughts
- F. but almost one in three wouldn't tell anyone about their diet plans
- G. because it involves admitting they have a problem in the first place

D O N T

10 THINGS YOU SHOULD NEVER DO WHEN STARTING A NEW JOB

Congratulations! You've finally secured a new job, and now you want to start off on the right foot. You want to be careful not to make any career-ending mistakes. So, what should you NEVER do when starting a new job?

Title 1 ____

You learned this in first grade, when the teacher began keeping track of tardies: Being on time matters. Factor in extra time if there's traffic, construction, or other reasons to expect a delay.

Title 2 ____

Before starting your job, talk with the hiring manager or human resources professional to make sure you understand what constitutes acceptable outfit for your new workplace. There's nothing more embarrassing than showing up wearing something that doesn't fly with your supervisors.

Title 3 ____

Many companies require new employees to go through a training process before starting a new position. While it may be tempting to skip these sessions or treat them lightly, don't do it. Even if your training managers won't be your direct supervisors, they are watching you.



Title 4 ____

No matter where you're working, there are certain processes, tools, and forms that make up the standard operating procedures of your company. You may have been introduced to these through a very organized, systematic orientation, or you may feel like you're expected to absorb them by osmosis. If you were formally informed, consider yourself fortunate, if not, don't feel shortchanged or frustrated. Instead, take initiative and master the basics on your own.

Title 5 ____

It's understandable that you may need help or guidance during your first few weeks at a new job, and asking co-workers for assistance or just to answer questions can be perfectly acceptable. But remember, you were hired because managers believed in your ability to get the job done. Ask for help if you need it, but believe in yourself and prove that you can do the work yourself.

Title 6 ____

Your employer isn't paying you to chat with your girlfriend or even your kids' babysitter. Make a personal policy of limiting personal phone calls and texts to your lunch break, except for emergencies.

Title 7 ____

Most likely, you and your employer agreed to a certain salary during the hiring process. So don't change your mind before you even show up at work. Don't expect more money until you've worked long enough to prove your value to the employer.

Title 8 ____

Of course you want to make a good impression as soon as you arrive at a new job, and show your new employer they made the right choice in hiring you. However, be cautious of suggesting new policies or strategies during your first few weeks, as it may not be the best way to demonstrate you are a team player. At first, take time to really understand and learn your job, then over time, you can make suggestions and changes as situations arise, and as your input and expertise is called upon.



Title 9 ____

In a new job, there will always be a learning curve, and effective supervisors understand that. Inevitably, you'll be asked to do something or expected to know something that you don't yet know or know how to do. Rather than saying you can complete the task on your own, tell the truth and "don't be afraid to say, 'I don't know,'"

Title 10 ____

You may be so eager to start your new job that you don't want to stop and ask questions. But by skipping even the most basic questions, you are setting yourself up for failure.

- A. Don't show up late
- B. Don't be dishonest
- C. Don't try to change things
- D. Don't dress unprofessionally
- E. Don't be afraid to ask for help
- F. Don't avoid the job orientation
- G. Don't demand a higher income
- H. Don't lose confidence in yourself
- I. Don't spend time on private matters
- J. Don't take too long before you start work
- K. Don't feel disappointed if you are not given total support





EGYPT TRAVEL GUIDE DOING BUSINESS & STAYING IN TOUCH

Courtesy and hospitality are important when doing business in Egypt. The host of a business meeting will usually offer tea or a small snack before commencing. It's polite to refuse the first offer, but once the host insists, the guest should then accept.

Alcohol is legal, but should be avoided until visitors know their Egyptian colleague's attitude towards drinking, and, if acceptable, should be drunk in moderation. It is not considered suitable for women to over-indulge in alcohol. If invited to a business lunch, expect food to be lavish and plentiful.

Throughout the Arab world, it is considered bad manners either to display anger or to openly criticize another person in public. Tact and diplomacy are always required. In social life, punctuality is almost laughable. For business, visitors should be on time but expect locals to be often late, and do not take offence. Men should not offer to shake a woman's hand, and viceversa, unless clearly invited to do so. Men and women should dress smartly for business meetings – suits and tie for men; suit for women or smart trousers/skirt/jacket – and always dress modestly. Shoulders and knees should never be shown.

Economy: On taking power in 1970, Anwar al-Sadat introduced a policy of *infitah* (openness) towards investment. Egypt's economy underwent rapid growth during the 1970s with the quick expansion of the oil industry, tourism and the Suez Canal, and it has continued to expand in subsequent decades. The tourist sector is expanding rapidly, particularly along the Red Sea and Mediterranean coasts, despite sporadic terrorist activities of Islamic fundamentalists. Agriculture, which relies on irrigation from the Nile, employs one-third of the working population. Foreign aid, especially from the USA, is an important source of government funds.

Internet: There are internet cafés in the main cities, including Cairo, Alexandria, Dahab and Luxor. Even small, more remote towns including Siwa will have at least one venue, usually in the market area. Connection is usually reliable. Tourists can also access the Internet in hotels, with in-room Wi-Fi available, though often at a costly price.

Media: The Egyptian press is one of the most influential and widely read in the region, while Egyptian TV and the film industry supplies much of the Arab-speaking world with shows from its Media Production City. Press freedom is encouraged. Press laws which allow prison sentences for libel have encouraged self-censorship on sensitive issues.



1 At a business meeting in Egypt, ...

- A refusing food or drink is acceptable
- B tea will be offered when they reach a deal
- C it is bad manners to repeatedly reject the drinks offered

2 Which one is right?

- A Women are not allowed to drink alcohol
- B Women can drink alcohol but only moderately
- C Foreign people shouldn't drink alcohol in any case

3 Choose the correct option.

- A Local people are always on time
- B Shaking hands is banned to women
- C Foreign business people are required to be punctual

4 In the 1970s...

- A Islamic activists prevented its economy from growing
- B Egypt's economy was based mainly on three sources
- C Egyptian oil industry grew rapidly without any foreign help

5 With regards to media and communication...

- A Internet connection in hotels is expensive
- B there is no Internet access in small towns
- C journalists have their work censored before it is published