



The Truths and Myths of Weight Loss: The Scientific Evidence (Paperback)

By M.D. Henry W. Snead

AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In 1980, 47 of the US adults were overweight or obese compared to 65 today. This has occurred during a time when health club memberships have risen by more than 50 with 4.8 billion dollars/year being spent on home exercise equipment and more than 33 billion dollars annually spent on weight loss products and services. Also, during this time the average fat content of meals eaten dropped from 41 to 37 . There has been a 400 increase in the use of sugar-substitutes and reduced-fat food. The purchase of reduced-caloric foods increased from 19 to 76 . Furthermore, the total amount of calories eaten by women dropped by 3 and 6 by men during 1977 to 1988. Although 2/3 of American adults are overweight/obese, only 1/3 Americans (37 men and 52 women) see themselves that way. Of those that see themselves as overweight/obese fewer than 2/3 are trying to lose weight. Although 58 of American adults would like to lose weight, only 36 are following a particular diet plan and 26 exercise three times per week. The Surgeon General states that obesity rates...



READ ONLINE
[2.64 MB]

Reviews

I just began looking over this pdf. It is one of the most amazing pdf i have study. I discovered this book from my dad and i recommended this pdf to understand.

-- Merritt Kilback II

Good e book and useful one. I have got read and that i am confident that i will likely to go through once more again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Angela Blick