

Questions

What would be the likely outcome if your TDEE were greater than your caloric intake?

TDEE is the amount of energy you burn daily. Which would mean if your caloric intake was lower than your TDEE than you would likely lose weight, because your body is using the calories that is stored as fat to fuel your body.

What would be the likely outcome if your TDEE were less than your caloric intake?

TDEE is the amount of energy you burn daily. Which would mean if your caloric intake was higher than your TDEE than you would likely gain weight, because the extra calories are stored in your body as fat.

Why is the Harris-Benedict calculation more accurate than the initial estimate presented in step one?

The reason that the Harris-Benedict calculation is more accurate than the estimation we are using to determine our TDEE is because it adds into the equation weight, age, height, daily exercise, and gender. This way it treats each person differently, because based on your weight, age, height, daily exercise, and gender you will need a certain amount of calories.

Questions

Web-quest:

<http://www.ediets.com>

On this website I found many adds that appeared to be very dishonest. Such as “Sign up for ediets and win a free iPhone!” On the home page there was a woman who says she lost 65 pounds using the diet. But hidden on the bottom of the picture read in the same color as her dress “results not typical.” I also noticed that everything had “FREE” somewhere in it, in bold letters. After I clicked the first link it showed three more woman each labeled with how much weight they lost, and once again hidden at the bottom of the picture read “results not typical.” After that it explained what type of diet you could take, such as Mediterranean, and Atkins. In losing weight it asked for your height, gender and age, but nothing else.

It seemed like a fairly reasonable website, and you could lose weight using its program but I found like it was giving to much false hope.

<http://www.thermocerin.com>

The second I opened this website a video of a woman popped up talking about the pill. And even if I was scrolling she would follow me. Once the video stopped I looked around at the website. It showed many people who have used the product and its success rate. However in very small text it read “Results will vary. Individual used Thermocerin with diet and exercise and has been remunerated.” I was surprised to find that they had been paid, and the subject had to go through taking the pill, a diet and regular exercise. The website seemed pretty logical here is a direct quote about them explaining weight loss and gain:

“Ok, Here's What's Happening in a Nut Shell-

When you reduce your calorie intake, even a little bit, your body goes into panic mode. Fat cells, believe it or not, have receptors, and every single cell picks up on this. They then go about storing all the fat that they can. After all, this is how your body is supposed to work if you were actually starving. Obviously, they have overreacted a little bit, right?

There are strategies you can try, like altering the types of foods you eat but not the amounts, and that works up to a point, but if you want to flush out that stored fat for good, you've got to **TURN OFF** those little fat cell receptors. Allow your body to release some of that fat into the bloodstream to be burned!

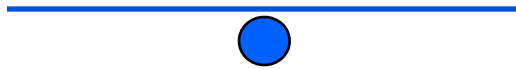
Questions

Luckily, there is a new product that is designed specifically to silence your "fat storers," get your metabolism moving, and show your extra fat the door. Read further to find out how."

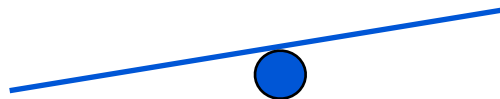
<http://www.medifast1.com>

This website was packed with information on the home page it had two pictures of young woman who had reached there goal of losing weight who were not obese to begin with. It also has many phrases with the word "FREE" in bold. And it does not have any place where you can "see how it works."

Balance Point



Lets pretend that there is a man named Earl, he weighs about 125 pounds. And the figure above represents a perfect balance for Earl. His body is happy at 125 pounds even though Earl is not. He thinks he is over weight so he goes on a diet and loses 10 pounds.



And this is what happens to his weight, it's off balance and his body doesn't like that. And just like a see saw it has it's way of leveling out. And the same thing happens to the body, if your body doesn't like where you are weight wise it will get were it needs to be.