

## **CHAPTER 10**

### **ENERGY BALANCE AND WEIGHT CONTROL**

#### **REAL LIFE SCENARIO**

Chris has a hectic schedule. During the day he works full-time at a mail-order warehouse filling orders in the stock room. At night, three times a week he attends class at the local community college in pursuit of computer certification. On weekends he tries to sneak in studying and time for his family and friends. He has little time to think about what he eats – convenience rules. Unfortunately, over the past few years Chris's weight has been climbing. Watching television a few nights ago, he saw an infomercial for a product that promises he can eat large portions of tasty foods but not gain weight. Famous celebrities support the claim that this product allows one to eat at will and not gain weight. The claim that—by taking this product he can eat whatever he wants and never gain weight—is tempting. What do you think he should do? What advise can you offer Chris for evaluating weight-loss programs?