

1	After they become adults, most people don't realize	11
2	that they gain slightly less than one pound of weight per	22
3	year. Now, researchers say that they have found out why	34
4	most dieters regain all of the weight they lose on low-	45
5	calorie diets: Nature works against them.	53
6	According to one new study, everyone's metabolism,	64
7	fat or thin, adjusts to maintain one's prediet weight. In	76
8	this study, men and women were put on weight-gaining and	87
9	weight-losing diets. Their metabolisms, that is, the rate	99
10	at which they burn calories, slowed down when they lost	110
11	weight and remained that way for the next several months.	122
12	After the obese people lost weight, they burned fewer	133
13	calories than other obese people who had not slimmed down.	145
14	The numbers meant that they would slowly regain their lost	157
15	weight even if they continued to eat quite reasonably.	168
16	It worked in reverse for those who were on weight-	178
17	gaining diets, who gained up to one-tenth of their initial	190
18	weight. But when their diets stopped, their bodies burned	202
19	enough additional calories to push their weights back to	213
20	their original levels. The results were just the same for	225
21	people regardless of gender, ethnic background, or age.	236
22	The findings suggest that it is difficult, but not	246
23	impossible, for people to maintain healthier weight levels.	258
24	Decreasing one's food intake or increasing energy output	270
25	for a short period is not going to control weight. Good	281
26	nutrition and increased physical activity over the long	292
27	term are necessary to keep weight off.	300
	1 2 3 4 5 6 7 8 9 10 11 12	