

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:
Fung, Jason, MD. Greystone Books, Ltd., British Columbia, CA, 2016

Part 2 The Calorie Deception
Chapter 4 THE EXERCISE **MYTH**

Questions

1 Why isn't increasing exercise the key to weight loss?

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2. What can we learn about activity from the study of modern day hunter-gatherers?

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3. What factors use the majority of the body's total energy expenditure (calories out)?

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4. What factors do basal metabolic rate depend on?

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5. How do the thermogenic effect of food and other factors affect the basal metabolic rate?

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6. How does Dr. Fung's baseball analogy explain the relationship between exercise and weight loss?

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7. What were the findings of the Women's Health Study on Women and exercise?

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8. What are the major mechanisms of compensation and what is its effect on exercise and weight loss?

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9. What were the results about physical activity of the Harvard School of Public Health study?

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10. What is Dr. Fung's conclusion about exercise and weight loss?

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