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Titolo	The Elusive Benefits of Undereating and Exercise : From Why We Get Fat
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Collana	A Vintage Short
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Sommario/riassunto	It should come as no surprise that low calorie and low fat diets rarely accomplish what they are expected to do--improve health and slim waistlines.Likewise, exercise, however beneficial it may be to fitness, only increases appetite and so often hinders weight loss.