

## **Weight-loss for Recessive Times**

## The Myth of Weight-loss Rocket Science

It's not hard to determine if you're over-weight. Wearing the wrong dress size doesn't make you look fat. The wrong jeans don't make your bum look big. Fat makes you look fat.

If you're over-weight it's because you eat too much and exercise too little. Weight gain and weight loss are simple:

$$+w = +f + (-e)$$

$$-w = -f + e$$

That is, weight gain (+ $w$ ) equals more food (+ $f$ ) and less exercise (- $e$ )

That is, weight loss (- $w$ ) equals less food (- $f$ ) and more exercise (+ $e$ )

Weight-loss is easy. Fact. Eat less, exercise more. You'll save money, and there'll be more room on the planet, too.