

# **Make up work assignment for Fit & Well**

## **Session IV**

Type a 2-3 page paper on the following topic;

**“Why fad diets fail?” or “What is the best/healthiest method to losing weight”**

In the paper give details as to why fad diets fail and information on what is the proper/healthier way to weight loss. Give details on what is a proper diet for most adults and provide information on “why eating food in the morning is good and eating food just before bed time is bad”. Explain how and why the metabolism of each person changes when they go on a diet.

A cover page with topic title, your name, name of this course, and due date of paper, should be the 1<sup>st</sup> page, which is not considered one of the 2 -3 pages.

Be sure to site your references. List the website address/http of all web sites that you consulted. List any books that you consulted. The reference page is not considered one of the 2- 3 pages. The paper should be type written in size 12 font double spaced. You may email me the paper before the due date or print it out and give it to me at the next class meeting.

**This assignment is due by; \_\_\_\_\_ . If it is not completed or if it is not completed correctly, a full grade reduction will occur at the end of the course.**

If you have any questions about the assignment, be sure to ask me tonight before we leave class.

Mark Sissom