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## Fitness Expert Explains Why Weight Loss Stalls

### Description

You are eating healthy foods and exercising regularly, but your weight is not changing. This can be frustrating when you are trying to lose weight. Understanding why this happens can help you make progress.

Raj Ganpath, a well-known fitness coach from Chennai, explains in a video three reasons why this may occur. He says that even with consistent effort, these reasons can stop weight loss.

One reason is not maintaining a steady calorie deficit. This means you need to consume fewer calories than you burn. Raj points out that while you may have days when you eat less and move more, on other days, you might eat more than necessary. These ups and downs cancel each other out, resulting in no change on the scale.

Another reason is having a low Basal Metabolic Rate (BMR). BMR is the number of calories your body needs to function at rest. Eating too little, not sleeping well, or lacking strength training can slow your metabolism. Also, conditions like thyroid problems or menopause can affect it. Improving your BMR can support weight loss.

Lastly, merely eating healthy foods is not always enough. Raj notes that portion control and a calorie deficit are still necessary. Even nutritious foods can hinder weight loss if eaten in large amounts. He advises focusing on eating the right amount of healthy foods for effective weight loss.

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### Vocabulary List:

1. **deficit** //ˈdɛfəsɪt// (noun): an amount that is less than needed
2. **consume** //kənˈsu:m// (verb): to eat or drink something for energy
3. **metabolism** //məˈtæbəlɪzəm// (noun): the body processes that make or use energy
4. **portion** //ˈpɔ:ʃən// (noun): an amount of food for one serving
5. **consistent** //kənˈsɪstənt// (adjective): happening in the same way over time
6. **hinder** //ˈhɪndər// (verb): to slow or make progress more difficult

### Comprehension Questions

#### Multiple Choice



1. What does BMR stand for?
  - Option: Base Metabolic Rate
  - Option: Basal Metabolic Rate
  - Option: Basic Metabolic Ratio
  - Option: Body Metabolic Rate
  
2. Who is Raj Ganpath?
  - Option: A nutritionist
  - Option: A fitness coach
  - Option: A doctor
  - Option: A chef
  
3. What is one reason why weight loss may not occur despite healthy eating?
  - Option: High caloric intake
  - Option: Too much sleep
  - Option: High BMR
  - Option: Consistent exercise
  
4. What can affect Basal Metabolic Rate (BMR)?
  - Option: Only diet
  - Option: Strength training
  - Option: Caloric deficit
  - Option: Neither diet nor exercise
  
5. What is necessary for effective weight loss according to Raj Ganpath?
  - Option: Only eating healthy foods
  - Option: Portion control
  - Option: Working out less
  - Option: Eating at night
  
6. Which factor does NOT help with weight loss?
  - Option: Eating in moderation
  - Option: Maintaining a steady calorie deficit
  - Option: Eating large portions of healthy food
  - Option: Exercising regularly

**True-False**



7. Consistent exercise alone guarantees weight loss.
8. Eating too little can slow your metabolism.
9. Raj Ganpath believes that portion control is unimportant for weight loss.
10. Low BMR can be influenced by factors like thyroid problems.
11. You should always eat as many healthy foods as you want to lose weight.
12. A steady calorie deficit is crucial for weight loss.

### Gap-Fill

13. You need to consume fewer calories than you burn to maintain a steady calorie \_\_\_\_\_
14. BMR is the number of calories your body needs to function at \_\_\_\_\_
15. Eating too \_\_\_\_\_ can slow your metabolism.
16. Raj advises focusing on eating the right amount of healthy foods for effective weight \_\_\_\_\_
17. Even nutritious foods can hinder weight loss if eaten in \_\_\_\_\_ amounts.
18. Conditions like thyroid problems or \_\_\_\_\_ can affect BMR.

### Answer

- Multiple Choice:** 1. Basal Metabolic Rate 2. A fitness coach 3. High caloric intake 4. Strength training 5. Portion control 6. Eating large portions of healthy food
- True-False:** 7. False 8. True 9. False 10. True 11. False 12. True
- Gap-Fill:** 13. deficit 14. rest 15. little 16. loss 17. large 18. menopause

### CATEGORY

1. Health - LEVEL3

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