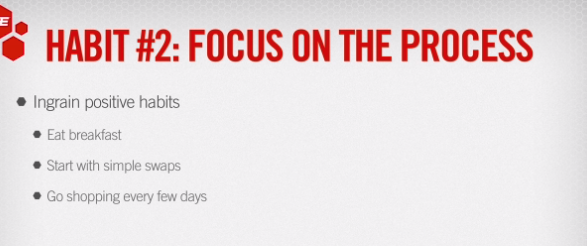
[The 3D Approach To Finding Nutritional Balance](https://alc.acefitness.org/totara/course/view.php?id=81" \o "The 3D Approach to Finding Nutritional Balance)

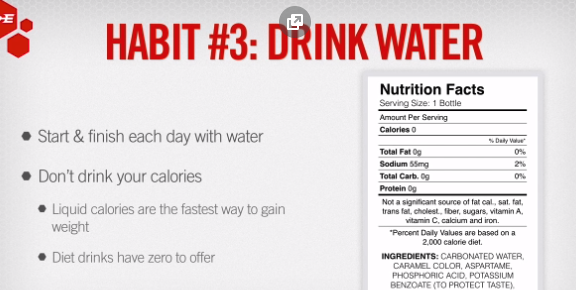


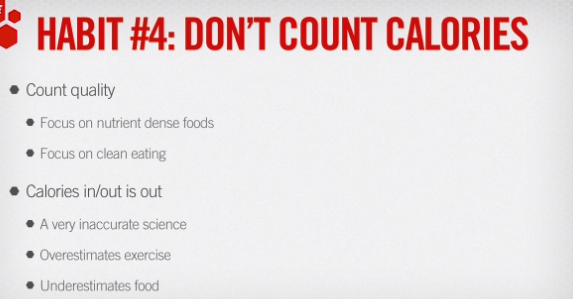
* Increased ghrelin in overweight and obese.
* Make changes: activity; nutrition; behavior. Make small but important changes.

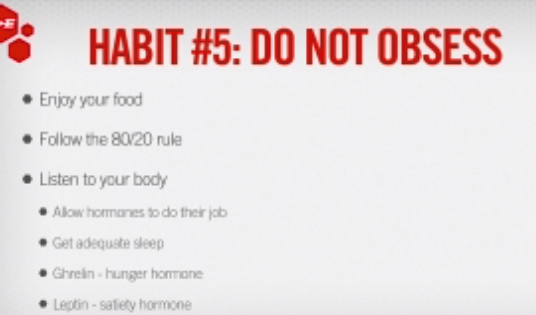












Why did you eat that for breakfast? Why eat at that time?

80/20 course of week 80% good food, 20% other—fast food, ETOH, dessert. Sustainability. Diet plan should be progressive like an exercise plan.

