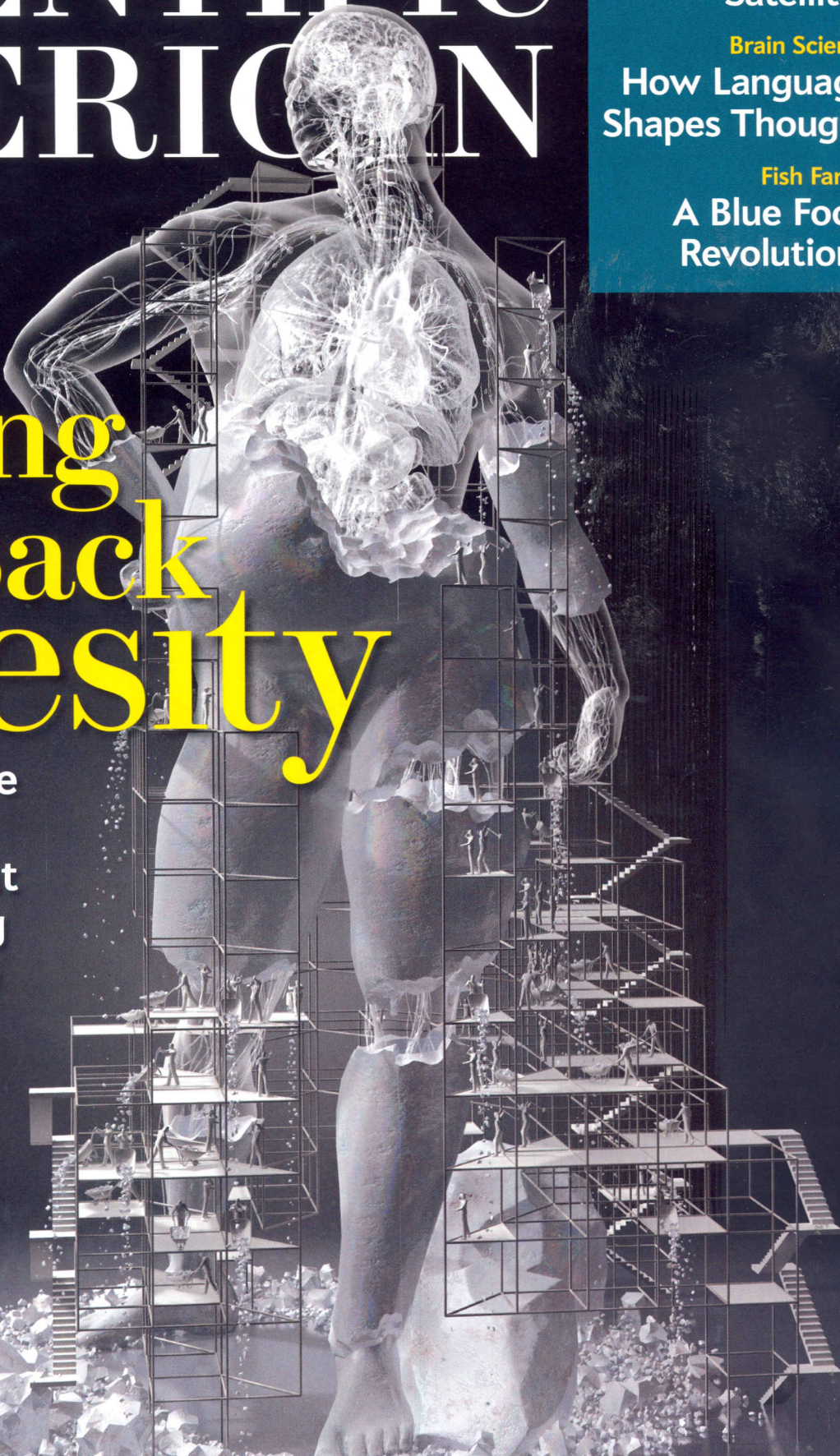


SCIENTIFIC AMERICAN



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Scaling Back Obesity

What science
says about
losing weight
and keeping
it off **PAGE 20**



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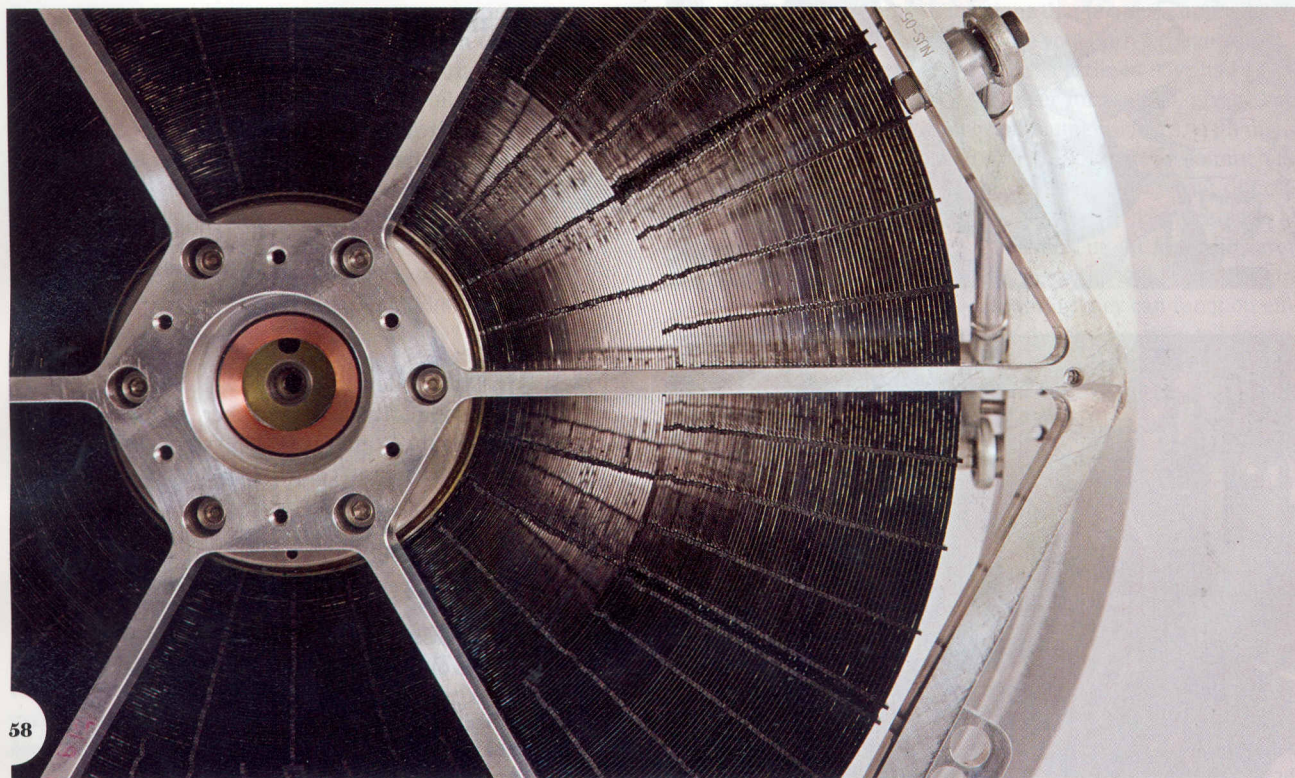
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If current trends continue, an excess of weight will surpass smoking as the primary cause of preventable deaths in the U.S. Health experts, however, often overlook the best near-term strategy for stopping the obesity epidemic: behavior-modification methods that have been shown to change people's eating and exercise habits. Illustration by Bryan Christie.

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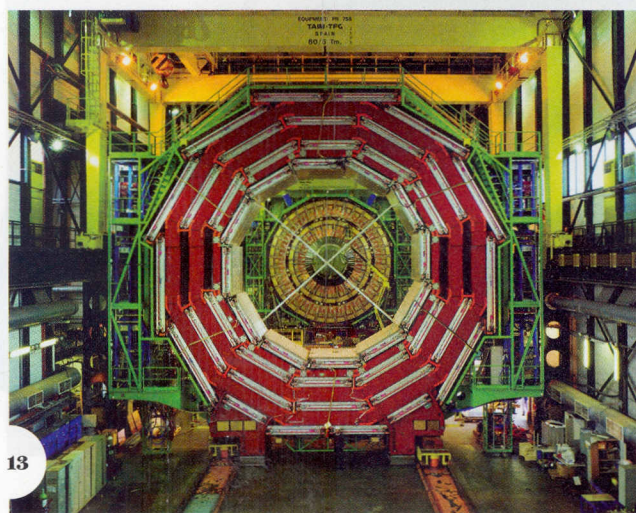
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