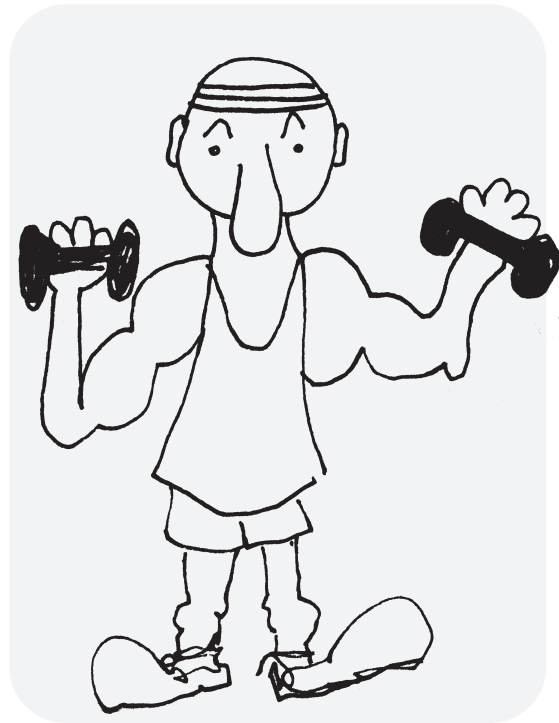


Diet or Exercise?



Starting Off

1. Have you ever been on a diet?
2. How often do you exercise?
3. In your opinion, how long do people successfully stay on diets?
4. How does the media influence the way we diet and exercise?