**Activity 2**

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| **Examples of behaviours which may have interfered with your set-point.****Do you recognise any? (tick)*** Extreme diets (periods of very low calorie diets).
* Taking dietary stimulants (natural or artificial e.g. amphetamine based).
* Taking steroids to bulk up muscle.
* Excessive exercise.
* Comfort eating (regularly over-eating in response to stress or sadness).
* Binge eating (losing control of food and eating large amounts quickly).
* Yo-Yo dieting.
* Chronic / long term under-eating (maybe due to physical illness, anxiety or depression).
* .............................................
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