**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). * ............................................. |