

“Losing weight” @ <http://www.youtube.com/ESL4free>

Easier said than done! Difficult to overcome unless there are society changes.

60% of Americans are overweight

1 %+ are obese

300 million in world are obese

A "modern society" problem according to 2 in *Science* journal.

US food supply is 3,800 kilocalories per day/per person = 2 times daily 3 Therefore, competition between food suppliers.

Specialists disagree over the 4 needed to reduce weight.

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DIFFICULT WORDS AND EXPRESSIONS IN THE LISTENING

Appreciable: significant; considerable; noticeable

Conspiring: working together or combine to achieve a result

Crop up: appear or happen without warning (usually about a problem)

Expectations: beliefs/hopes (that something will happen in the future)

Girth: the measurement around somebody's waist

Obesity: the state of being very fat or overweight

Ponder: think about something (usually a problem)

Raft of commercials: a great number of advertisement one after the other

Sobering statistics: statistics that make people realise there is a problem

Thick and fast: frequently and quickly

Upshot: result; outcome

Vigorous: energetic and strong