

Personal training



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Critical Evaluation of Three Fat Loss Programs 3- day Diet Plan: The 3-day diet plan promises quick weight loss. Through this plan, 10 pounds of weight can be reduced in just three days. It includes food intake that triggers chemical reactions necessary for burning fat. The plan offers only 1, 000 calories per day (Zelman, 2013a). Critical evaluation shows that 1, 000 calories lower down the metabolism, and so, going back to normal diet brings back the lost weight all the sooner. Weight issue still remains, so there are no long lasting results. The plan does not mention any exercise, hence it cannot be recommended in intense training. Here is the menu:

Day 1:

Breakfast: 1 cup black coffee, $\frac{1}{2}$ grapefruit, 1 slice toast with 1tbs peanut butter

Lunch: $\frac{1}{2}$ cup tuna, 1 piece toast, black coffee

Dinner: 3 ounces chicken, 1 cup beans, 1 cup carrots, 1 apple, 1 cup vanilla ice cream

Day 2:

Breakfast: black coffee, 1 egg, $\frac{1}{2}$ banana, 1 piece toast

Lunch: 1 cup cottage cheese or tuna, 8 crackers

Dinner: 2 beef franks, 1 cup broccoli, $\frac{1}{2}$ cup carrots, $\frac{1}{2}$ banana, $\frac{1}{2}$ cup vanilla ice cream

Day 3:

Breakfast: Black coffee, 5 crackers, 1 ounce cheddar cheese, 1 apple

Lunch: Black coffee, 1 boiled egg, 1 piece toast

Dinner: 1 cup tuna, 1 cup carrots, 1 cup cauliflower, 1 cup melon, $\frac{1}{2}$ cup ice cream

The Biggest Loser's Diet: It is a 12-week program, containing menu that is

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loaded with fiber and protein, and so, one stays energized while lowering calorie intake. Total calorie intake will be around 1, 200. This is based on four servings of fruits and veggies; three of lean protein; two of whole grains; and one serving of choice. This diet suggests exercise (Zelman, 2003b), which is good for intense training. This plan focuses on healthy eating habits, and thus, the results can prove to be long lasting. Since physical activity is involved in combination with consumption of fruits, veggies, and lean meat, this diet plan is very favorable for intense training.

The Caveman (Paleo) Diet: This is a very healthy diet plan. It is “ based on eating plants and wild animals” (Zelman, 2013c). It has many benefits, like reducing blood pressure and cardiac diseases, while maintaining healthy body weight. This diet plan includes consumption of meat, fish, shellfish, eggs, tree nuts, vegetables, roots, fruits, and berries. No dairy, grains, sugar, and oil is involved. Drinks must include only water and organic drinks. Since this diet suggests eating like cavemen did before agricultural revolution, there is increased chance of long lasting and natural results. It also suggests physical activity, so it can be recommended in intense training. There is no fixed number of days, so, it can be used randomly to maintain a healthy weight.

Comparison: A comparison of the three diet plans shows that the 3-day diet plan is the worse, since it is the lowest in nutritional value; cannot be taken for intense training; and, the weight comes back soon. The biggest loser diet is better since it suggests physical exercise, and offers a variety of food to be eaten. The caveman diet is the best since it is based on natural standards of eating habits and physical exercise, and does not focus only on burning calories. It also recommends exercise.

References

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