[Blog Posting—Successful Strategies for Long-Term Weight Loss](https://moodle.tru.ca/course/view.php?id=7042&section=21" \l "bootstrapelements64148)

Instructions

Imagine that you are working in a healthcare clinic and have been asked by a supervisor to prepare a maximum 750 word entry on the clinic’s blog. You are asked to address the following questions in your posting:

* + 1. Why are so many Canadians overweight?
		2. Do fad diets, such as Atkins, work? Why or why not? What have scientific studies on high protein, low-carbohydrate diets shown?
		3. Do prescription and over-the-counter drugs aid in weight loss?
		4. What are five recommendations you would give to someone wanting to lose weight?

Write your blog in a Word document. Note that you may choose to use a different blogging tool, such as Blogger, Wordpress, Weebly, etc. If you choose to create a blog outside of the course, please email the link.

Suggested Grading Rubric

Here is a set of guidelines to help you set goals in your assignment and interpret the grades you receive:

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|   | **Exceeds Expectations****(4 marks)** | **Meets Expectations****(3 marks)** | **Minimally Meets Expectations****(2 marks)** | **Does Not Meet Expectations** **(0–1 mark)** |
| **Understanding** | The student addresses the questions or problems that are posed in an insightful manner. | The student addresses the questions or problems that are posed. | The student addresses some of the questions or problems that are posed. | The student does not address the questions or problems that are posed. |
| **Reasoning** | Responses are clear, precise, and well-reasoned. | Responses are mostly clear, precise, and well-reasoned. | Some clear, precise and well-reasoned responses are given. | Responses lack clarity, logic and/or precision. |
| **Critical Thinking**  | The student demonstrates independent thought, insight, and creativity (applies course concepts, raises questions, recognizes competing perspectives, and evaluates implications). | The student demonstrates some independent thought, insight, and creativity. | The student demonstrates a minimal amount of independent thought, insight, and creativity. | The response lacks independent thought, insight, and creativity. |
| **Technical Merit** |   | Spelling and grammar are accurate. | Minor and/or few spelling or grammatical errors exist. | Several spelling or grammatical errors exist. |

Top of Form

