

Set Point Weight Theory



What is set point theory?

The set-point weight theory is a scientific theory that suggests the human body has a predetermined weight or fat mass range.

Can you change your set point weight?

Yes, weight operates in a range with healthy upper and lower limits, and the settling point between these limits is determined by controllable behaviors.



The Body Mass Theory

**Richard B. Stalling, Wayne
Weiten, Ronald E. Wasden**

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