Dialogue 1: Losing weight

A: "Hi Barbara. Have you lost weight?"

B: "Hi Julie. Yeah. I've been on a diet for a couple of months now."

A: "Wow. You look great."

B: "Thanks for noticing."

A: "What type of diet were you on?"

B: "I joined a health club and my trainer gave me tips on eating. With a combination of eating better and exercising, I managed to lose 15 pounds in 2 months."

A: "That's amazing. What tips did your trainer give you?"

B: "Mostly on how to exercise, but the best advice I got was changing my eating habits. Instead of eating 3 times a day, she told me to eat 5 times a day."

A: "That doesn't make sense. If you eat more, than how do you lose weight?"

B: "Actually, I'm eating the same amount. I eat 5 smaller meals a day. Basically, it naturally speeds up the metabolism and helps to burn fat at a faster rate."

A: "That makes sense. I'm going to try that."

B: "You don't need to lose weight."

A: "I have a little gut I have been trying to get rid of."

B: "Ah... but remember to incorporate a little exercise into your diet."

A: "Thanks for the advice."

B: "No problem."

Dialogue 2: Dieting

A: "Can you believe her? She is not even a hundred pounds and she is going off on how she wants to go on a diet."

B: "Tell me about it. If I was as small as her, I wouldn't think about going on a diet."

A: "Me too. But what are we going to do? I have been on 4 different diets and I can't seem to lose weight."

B: "That's because you don't exercise. If you were more active, you wouldn't have a dieting problem."

A: "What do you know? You are overweight too."

B: "I'm not on a diet though."

A: "I know. But I don't have someone to diet with. If we help each other and motivate each other, then I think we can lose some weight."

B: "I like ice cream too much though."

A: "C'mon. You'll feel better and look better and as a reward you can eat a little bit of ice cream here and there."

B: "It does sound appealing."

A: "It's a great idea. I can't believe I didn't think of this earlier. Going on a diet with a friend to back you up is a great way to succeed."

B: "Okay. I'm in. Let's do it."

A: "Great. I'll get our plan started right away."

B: "Can we start tomorrow though?"