

CEP Example Outline, as submitted by the author

USE CHEMICAL ENGINEERING TO REVAMP YOURSELF!

**Outline for *Chemical Engineering Progress*
(submitted 31 January 2010)**

training is beneficial for both men and women, and will debunk the myth that it will turn people into bulky bodybuilders.

Calorific value calculations again

This section will expose some of the deceptive practices food manufacturers employ when

Then, the article will show a simple graphical method for tracking progress and comparing this with a plan. This method will allow any problems or deviations to be spotted quickly and nipped in the bud.

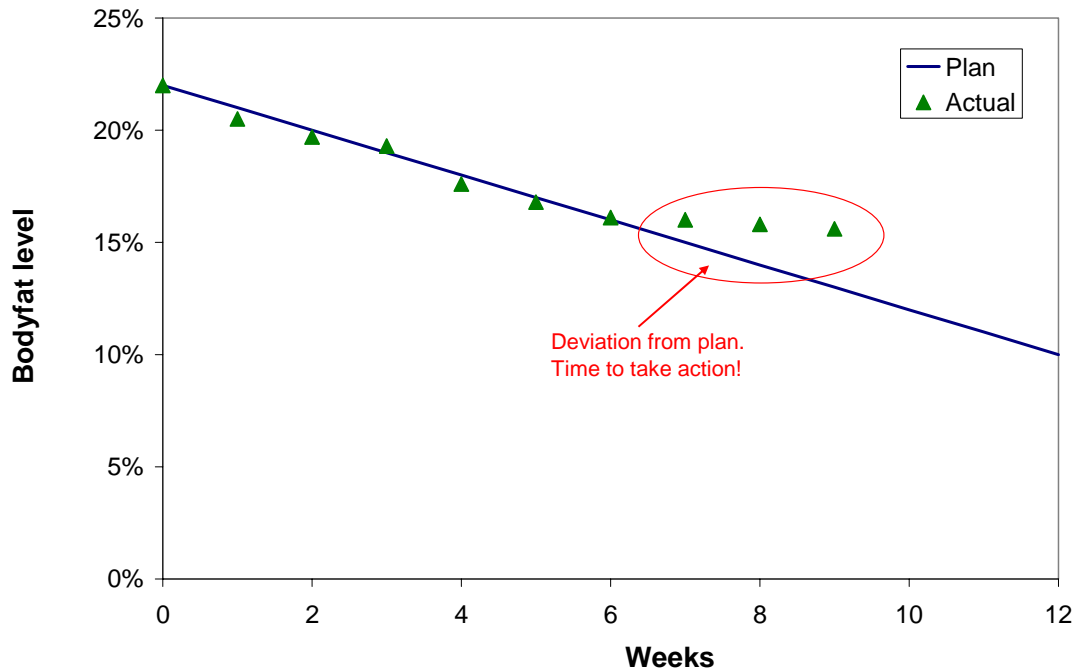


Figure 4: Regular process monitoring shows when you need to take action

Conclusion

So there you have it – the connection between chemical engineering and getting into better shape. The tools described in this article will allow you to bring a scientific approach to your efforts, rather than following someone else's advice blindly and just hoping for the best.

Of course, anyone working in the process industries knows that health and safety considerations are foremost, and this is certainly also the case here. That means you should aim for a gradual improvement which is sustainable. Don't be tempted by drastic measures and fad diets; these can often do more harm than good in the long term. And although my title is "Dr.", please be aware that this comes from my PhD in chemical engineering and that I'm not a medical doctor. You should consult your own doctor before putting any of the ideas in this article into practice.