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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

Abstract: This study examined the effects of a 12-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of 10 obese women. The subjects were divided into two groups: a control group (n = 5) and an intervention group (n = 5). The intervention group followed a 1000 kcal energy deficit diet, while the control group maintained their current diet. Body composition was measured using dual-energy X-ray absorptiometry (DXA) at baseline and 12 weeks. Metabolic profile was assessed using a 24-hour energy expenditure study at baseline and 12 weeks. The intervention group showed significant weight loss (mean = 10.5 kg, SD = 2.5 kg) and a decrease in body fat percentage (mean = 15.5%, SD = 2.5%) compared to the control group (mean = 0.5 kg, SD = 1.5 kg; mean = 16.5%, SD = 2.5%). The intervention group also showed a significant increase in resting metabolic rate (mean = 1200 kcal/day, SD = 200 kcal/day) compared to the control group (mean = 1000 kcal/day, SD = 100 kcal/day). The results suggest that a 1000 kcal energy deficit diet can lead to significant weight loss and metabolic improvements in obese women.

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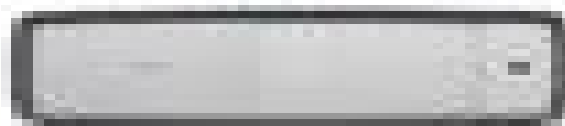
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