## Exercise doesn't have any effect unless you know you're doing it

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<u>Hotel maids began losing weight once they were informed that their normal job activities</u> <u>counted as exercise</u>. I can't want for somebody to test whether this placebo effect works in reverse; that is, whether you will lose weight if you aren't actually exercising but *believe that you are*. If it works, then sign me up! (Oh rats, they addressed this in the interview.)

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