

Why Is Weight Important?

1. Obesity is known to be linked to which diseases?

a. _____

b. _____

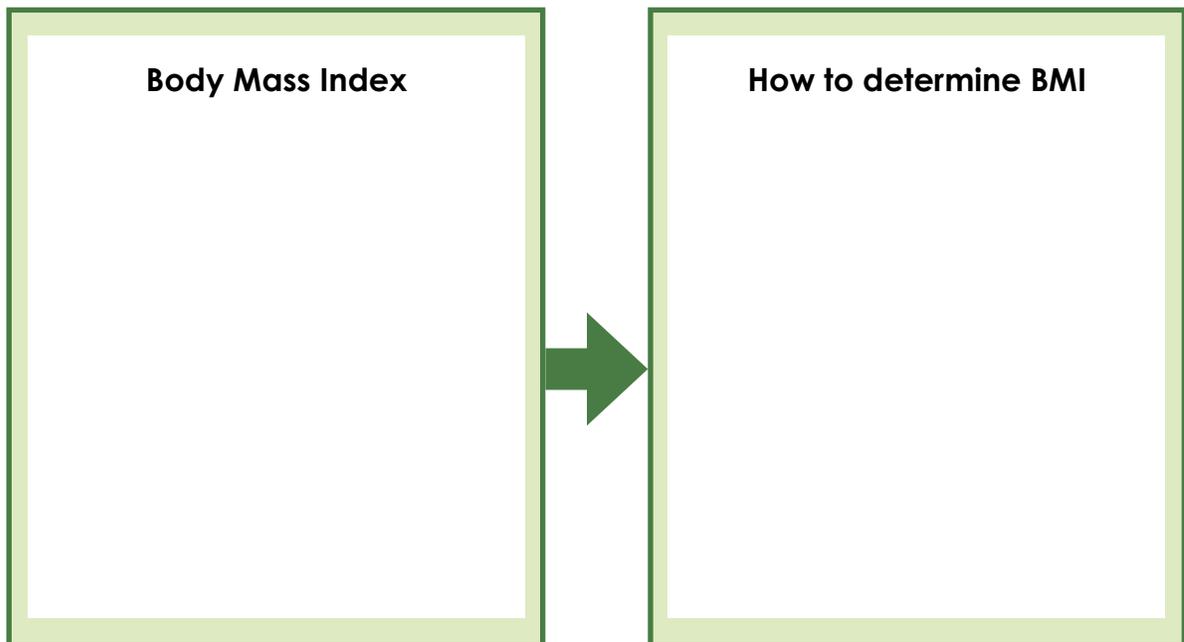
c. _____

2. What can influence body weight?

Three orange arrow-shaped boxes pointing right, each containing a horizontal line for notes.

Understanding Weight and Body Mass Index

3. What is body mass index? How do you determine BMI?



What Is Body Composition?

4. Answer the questions and complete the sentences in each of the following boxes by filling in the blank with the most appropriate word.

What different tissues make up your body?

_____ refers to the ratio of lean (muscle) tissue to fat tissue in your body.

The location of fat tissue on the body, or your _____, can also play a role in your _____.

5. Fat located on what part of the body is the most dangerous to have? _____
6. Fat located on what part of the body is generally less dangerous to health? _____

How Do We Measure Body Composition?

7. List the four methods for determining body composition and fat distribution.

What Is a Healthy Weight for Me?

8. Identify each of the following statements as true or false. If the statement is false, correct the sentence so that it becomes true.

<p>A healthy weight is a weight that you are comfortable with and that can be maintained by following complicated nutrition plans and rigorous physical activity guidelines.</p> <div data-bbox="243 525 1266 693" style="border: 1px solid black; height: 80px;"></div>	<p>True False</p>
<p>An average-weight person who is sedentary and eats a poor diet is more likely to develop health problems than someone who is slightly overweight but gets daily physical activity and eats a healthy diet.</p> <div data-bbox="243 819 1266 1008" style="border: 1px solid black; height: 90px;"></div>	<p>True False</p>
<p>What the scale says is more important than what you do to take care of yourself.</p> <div data-bbox="243 1092 1266 1293" style="border: 1px solid black; height: 96px;"></div>	<p>True False</p>

Losing and Gaining Weight

9. There are safe and unsafe ways to gain or lose weight. Identify and describe healthy and unhealthy ways to gain and lose weight.

Healthy way to gain weight 	Unhealthy way to gain weight
Description 	Description
Healthy way to lose weight 	Unhealthy way to gain weight
Description 	Description

Dangerous Dieting Habits

10. Weight cycling is proven to do what to the body over time?