

What Is Body Composition?

1. 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 _____.

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

What Is a Healthy Weight for Me?

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

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.	<input type="checkbox"/> True <input type="checkbox"/> False
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.	<input type="checkbox"/> True <input type="checkbox"/> False
What the scale says is more important than what you do to take care of yourself.	<input type="checkbox"/> True <input type="checkbox"/> False

Losing and Gaining Weight

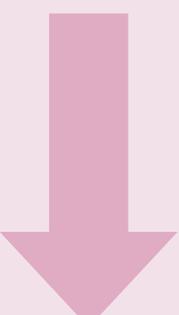
5.

 **Three important things to remember when trying to gain weight are**

1. _____

2. _____

3. _____

 **The healthiest way to lose body fat is**

Dangerous Dieting Habits

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