Healthy Weight Management

13

Weigh the Risks

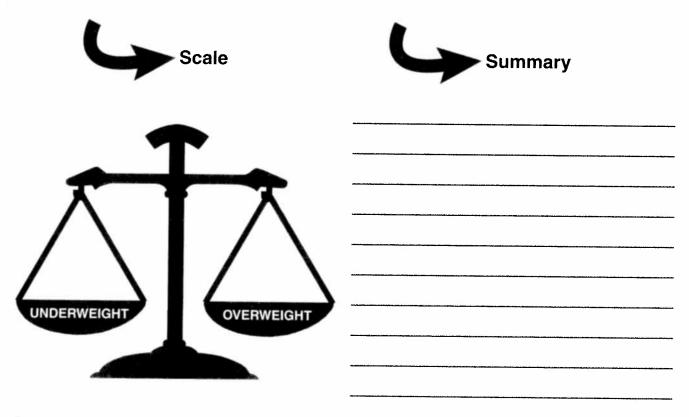
Activity A	Name
Chapter 13	DatePeriod

The list below contains health risks of being overweight and risks of being underweight. Each risk is identified by a letter. If a risk is associated with being underweight, write the letter in the pan of the scale labeled "underweight." If the risk is associated with being overweight, write the letter in the "overweight" pan. Note that some risks belong in both pans. Be prepared to support your answers. In the space provided, write a paragraph about the risk of most interest to you. Summarize ways to "tip the scales in your favor."

- A. cancer
- B. discrimination
- C. fatigue
- D. heart disease
- E. hypertension

- F. inability to stay warm
- G. inadequate nutrient stores
- H. irregular menstruation
- I. low self-esteem
- J. osteoarthritis

- K. pregnancy complications
- L. respiratory problems
- M. surgical complications
- N. type 2 diabetes



Facts and Factors

Activity B		Name		
Chapter 13		Date	Period	
Examine the following statem write <i>true</i> in the blank. If the statement true. Write the corre	statement is false, cha	inge the underlin	tus. If the statement is true, ed word or phrase to make the	
1.	Weight management means attaining healthy weight and keeping it throughout your life.			
2.	Heredity affects the	shape of your bo	ody.	
3.	The size of your bones and the location of fat stores on the body are <u>inherited</u> traits.			
4.	Your <u>heredity</u> affects your basal metabolic rate.			
5.	A family history of	obesity does nec	essarily mean you will be obese.	
6.	Weight management that lean toward ob		or a person who inherited genes	
7.	Parents <u>can</u> greatly	influence a child	's eating habits.	
8.	Parents can plan th portions of <u>nutritio</u>		als and snacks around appropriate	
9,	Teens have more co	ontrol over what t	hey eat than children do.	
10.	Many teens form h	abits of eating fo	ods that are <u>low</u> in fat and calories	
11.	Eating habits <u>may</u> l concerns.	oe influenced by	schedules, peers, and weight	
12.	Work and family of patterns.	bligations someti	mes negatively affect eating	
13.	. Adults who commi	ute to work often	eat <u>at home</u> .	
14.	. Situations that trig	ger you to eat are	called environmental <u>cues</u> .	
15.	Social settings and time of day are examples of <u>hereditary</u> factors that influence weight status.			

16. Being aware of when and why you eat is not important.

tension, and loneliness.

equation.

gain.

while following a nutritious diet.

17. Examples of environmental factors include depression, boredom, fear,

19. Physical activity influences the "calories <u>in</u>" side of the energy balance

20. An active lifestyle can lead to an energy excess and unwanted weight

18. People can look for appropriate ways to deal with their emotions