

# Evaluate Your Weight

## Activity C

Name \_\_\_\_\_

## Chapter 12

Date \_\_\_\_\_ Period \_\_\_\_\_

Complete the following exercises to help you evaluate your weight and compare various weight evaluation tools.

### Body Mass Index

1. What is your height in inches? \_\_\_\_\_
2. What is your weight in pounds? \_\_\_\_\_
3. Calculate your body mass index by completing the following equations.

A.  $\frac{\text{height}}{\text{height}} \times \frac{\text{height}}{\text{height}} = \frac{\text{height}^2}{\text{height}^2}$

B.  $\frac{\text{weight}}{\text{weight}} \div \frac{\text{height}^2}{\text{height}^2} = \frac{\text{X}}{\text{X}}$

C.  $\frac{\text{X}}{\text{X}} \times \frac{703}{\text{constant}} = \frac{\text{BMI}}{\text{BMI}}$

4. What does your BMI indicate about the status of your weight? \_\_\_\_\_  
\_\_\_\_\_
5. Do you think body mass index is an appropriate weight evaluation tool for you? \_\_\_\_\_  
Explain why. \_\_\_\_\_  
\_\_\_\_\_

### Body Composition Measurement

6. Do a pinch test by grasping the skin on the back of your upper arm halfway between your shoulder and elbow. Pinch this fold of skin between your thumb and forefinger. Be sure to grasp only the fat, not the muscle. What is the distance between your thumb and forefinger? \_\_\_\_\_  
\_\_\_\_\_
7. What does this indicate about your body composition? \_\_\_\_\_  
\_\_\_\_\_
8. Is the pinch test an appropriate body composition evaluation tool for you? \_\_\_\_\_  
Explain why. \_\_\_\_\_  
\_\_\_\_\_

### Location of Body Fat

9. Locate your natural waist by tying a length of string around your body about 3 inches above your navel. Bend over as though to touch your toes to cause the string to settle at the smallest place, which is your natural waist. Use a tape measure to measure the circumference of your waist. \_\_\_\_\_
10. What is the goal for waist circumference for men? \_\_\_\_\_ for women? \_\_\_\_\_ Does your waist circumference meet the goal for your gender? \_\_\_\_\_
11. Use a tape measure to measure your maximum hip circumference. \_\_\_\_\_ Divide your waist circumference by your hip circumference to determine your waist-to-hip ratio. \_\_\_\_\_
12. What is the goal for waist-to-hip ratio for men? \_\_\_\_\_ for women? \_\_\_\_\_ Does your waist-to-hip ratio meet the goal for your gender? \_\_\_\_\_
13. Are you a fully grown adult? \_\_\_\_\_ Keep in mind that these methods for evaluating location of body fat are applicable only for fully grown adults.

# In Balance

## Activity D

Name \_\_\_\_\_

## Chapter 12

Date \_\_\_\_\_ Period \_\_\_\_\_

Use the clues provided to identify terms related to energy balance. Write one letter in each space. Use the circled letters to name the two sides of the energy balance equation at the bottom of the page.

1. The concentration of energy in a food is referred to as \_\_\_\_\_ .
2. An adult with a body mass index below 18.5 is defined as \_\_\_\_\_ .
3. The energy required to complete the processes of digestion, absorption, and metabolism is called the \_\_\_\_\_ .
4. A measure of the body's resting energy expenditure based on data that is collected four hours after eating or physical activity is called the \_\_\_\_\_ .
5. \_\_\_\_\_  is the ability to do work.
6. A \_\_\_\_\_  is an activity that requires a lot of sitting.
7. The amount of energy required to support the operation of all internal body systems except digestion is known as \_\_\_\_\_ .
8. A process that measures body fat by measuring the body's resistance to a low-energy electrical current is \_\_\_\_\_ .
9. Compounds formed from fatty acids the nervous system can use for energy when carbohydrates are not available are called \_\_\_\_\_ .
10. A test in which the thickness of a fold of skin is measured to estimate the amount of subcutaneous fat is called a \_\_\_\_\_ .
11. An adult with a body mass index of 30 or more is defined as \_\_\_\_\_ .
12. An adult with a body mass index of 25 to 29.9 is defined as \_\_\_\_\_ .
13. Body weight that is specific to gender, height, and body frame size and associated with health and longevity is called \_\_\_\_\_ .
14. A calculation of body weight and height used in federal guidelines to define underweight, healthy weight, overweight, and obesity is \_\_\_\_\_ .
15. The percentage of different types of tissues in the body, such as fat, muscle, and bone, refers to \_\_\_\_\_ .
16. Fat that lies underneath the skin is called \_\_\_\_\_ .
17. The average calories needed to maintain energy balance in a healthy person of a certain age, gender, weight, height, and level of physical activity is called \_\_\_\_\_ .

### The Energy Balance Equation

\_\_\_\_\_ = \_\_\_\_\_