

Study Guide

Keeping a Healthy Weight

Directions: Read chapter 11, and answer the following questions. Later, you can use this study guide to review.

1. Why should people not try to look like fashion models and strive to achieve an “ideal body”?

2. What are some health problems associated with being underweight?

3. Name four reasons why Americans are gaining weight.

4. Describe what is meant by a healthy weight.

5. How is BMI computed?

6. What is the best way to determine a healthy weight for you?

7. What is a reasonable weight-loss goal?

8. Name four ways to develop positive, enjoyable eating habits.

Chapter 11 Study Guide (continued)

9. Name three reasons why physical activity helps people lose weight.

10. Give an example of aerobic exercise and an example of anaerobic exercise. What is the benefit of each?

11. When choosing a physical activity to pursue, what will increase the likelihood that a person will stick with it?

12. What do all fad diets have in common?

13. Identify four ways to know if a diet plan is based on sound nutrition.

14. What tips would you give someone trying to gain weight?

Activity 1

Keeping a Healthy Weight

Weight Loss Winners and Losers

Directions: In the battle against weight, some people do lose. However, they do not necessarily lose excess pounds. Some weight-loss programs and gimmicks can drain the pocketbook and, more importantly, the individual’s health. Read each portion of a media message for a weight-loss strategy below. Write “W” for “winner” (a sound method). Write “L” for “loser” (a method with health risks). Explain the risk, danger, or form of loss that may occur.

- _____ 1. Become one of thousands of satisfied users of the Pribble Plan, and watch the excess pounds melt away. Consume up to 750 calories a day on any foods you choose.

- _____ 2. “Weight Zapper” pills contain a special secret ingredient that is sure to provide instant weight-loss success. Best of all, you can obtain “Weight Zapper” right over the counter at your pharmacy. No need for an expensive or time-consuming visit to your doctor for a prescription.

- _____ 3. At the Gilroy Clinic, we use no fads or gimmicks. Pounds are lost gradually using state-of-the-art behavior-modification techniques.

- _____ 4. Did you know eating liver can help you lose weight? That’s the news from dietetic researchers at the University of Bellyville. In a soon-to-be published report, these dietitians claim that eating a pound of liver each morning can cause dramatic weight-loss results.

- _____ 5. According to a new study at the Beltmore College of Physicians, walking at a leisurely pace can help you maintain your weight if the activity becomes a lifelong habit.

Activity 2**Keeping a Healthy Weight****“Weight”-ing Room**

Directions: Imagine your school has organized an advice clinic for students who think they have weight problems. Today is your day to volunteer in the clinic, under the supervision of the school nurse. Prescreen the following students by reading each student’s complaint or question. Using what you know about healthy weight, write your advice on the lines below.

1. Evan is on the school wrestling team. While getting his yearly physical in September, he recalls overhearing the nurse tell a patient with a BMI of 33 that he should lose some weight. Since then, Evan has discovered that his own BMI is 36. He is worried that this will cause health problems and that he should lose some weight. What is your advice?

2. Geneva thinks she should lose weight. She is taller than most of the other girls in the school, and she weighs much more than most of them. She is active in several sports. Her BMI is 22. What is your advice?

3. Randy has an “apple” shape—big in the chest and stomach and narrow at the hips. Although he occasionally joins in a neighborhood game of football, he doesn’t like many sports; he prefers to work on his computer. Recently, Randy’s parents have begun to suggest that he watch his weight. His BMI is 34. What is your advice?
