

# Activity 1

## Keeping a Healthy Weight

### Shapes and Weights

**Purpose:** To review facts about body and shape and weight, and how an individual can determine his or her own healthy weight.

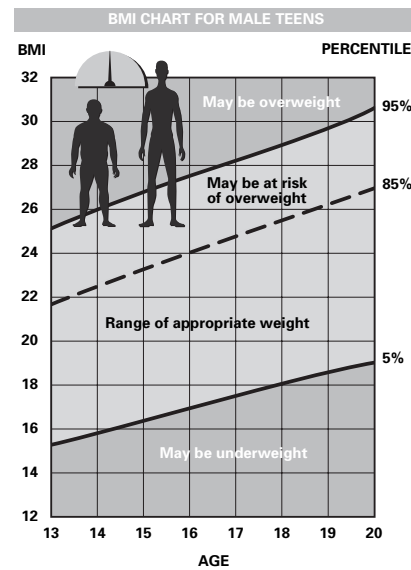
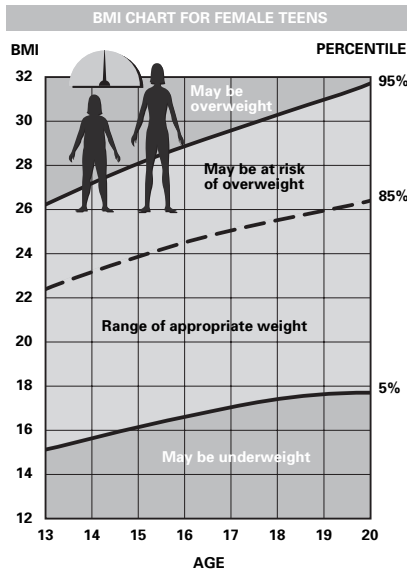
**Part I. Directions:** Read each statement below. If the statement is accurate, circle T for true. If it is not accurate, circle F for false.

- |  |   |   |
|--|---|---|
| 1. Body shape is one of many traits passed down through heredity.  | T | F |
| 2. Genes determine the amount and distribution of fat cells compared to muscle cells, which influences weight gain and loss. | T | F |
| 3. Successful weight management starts with accepting the body you were born with.   | T | F |
| 4. A healthy weight is a weight at which you look your best.   | T | F |
| 5. Health professionals use body fat percentages to help evaluate whether a person is overweight.                            | T | F |

**Part II. Directions:** Use the formula listed below to calculate your body mass index (BMI). Write your answer in the space provided. Then find your BMI in one of the charts below (female or male) to see if you are at risk for health problems.

BMI = weight in lbs.  $\times$  703  $\div$  height in inches, squared (height  $\times$  itself)

BMI = \_\_\_\_\_  $\times$  703  $\div$  \_\_\_\_\_ (BMI)



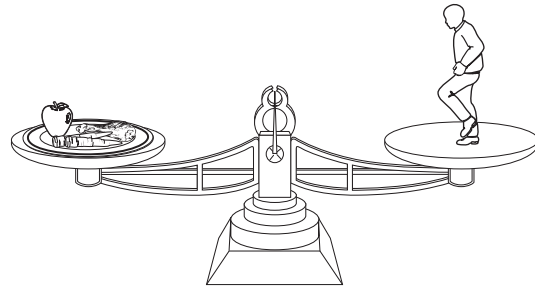
# Activity 2

## Keeping a Healthy Weight

### Losing and Gaining Weight

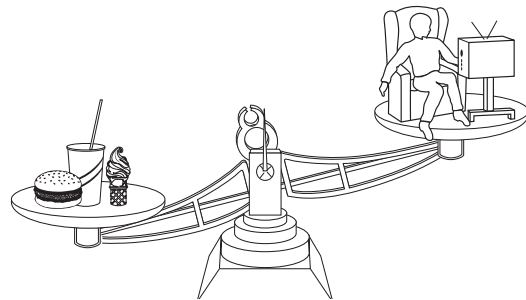
**Purpose:** To review and evaluate techniques for making weight changes.

**Part I. Directions:** Write the missing word in the space provided next to each drawing.



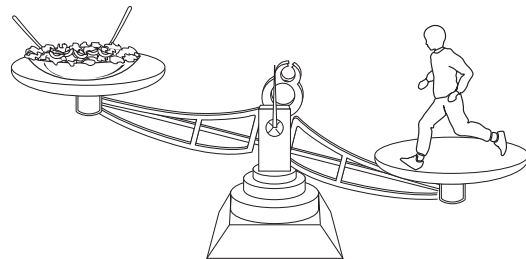
1. Calories in \_\_\_\_\_.

RESULT: Weight stays the same.



2. Too many calories eaten, not enough used.

RESULT: Weight goes \_\_\_\_\_.



3. More calories used than eaten.

RESULT: Weight goes \_\_\_\_\_.

## Chapter 11 Activity 2 (continued)

**Part II. Directions:** Review each of the weight-loss statements below. If the statement describes a *dangerous* way to lose weight, place a checkmark in the space provided to the left of each letter. If the statement describes a *safe* way to lose weight, draw a star in the space provided to the left of each letter.

- \_\_\_\_\_ A. Getting regular physical activity in a way that burns up slightly more calories than you're taking in.
- \_\_\_\_\_ B. Following a plan that promises quick weight loss: more than 2 pounds per week.
- \_\_\_\_\_ C. Taking diet pills.
- \_\_\_\_\_ D. Following a very low-calorie diet: fewer than 800 calories per day.
- \_\_\_\_\_ E. Embarking on a weight-loss program without first checking with a health professional.
- \_\_\_\_\_ F. Fasting—going without food.
- \_\_\_\_\_ G. Following a plan that promises gradual weight loss of ½ to 2 pounds per week.
- \_\_\_\_\_ H. Following an eating plan that is based on eating only one food (such as grapefruit).
- \_\_\_\_\_ I. Selecting physical activities that fit your lifestyle and that you find interesting.
- \_\_\_\_\_ J. Doing intense aerobic exercises on a regular basis.
- \_\_\_\_\_ K. Signing up for a diet program that does not offer individualized support.

**Part III. Directions:** Review each of the weight-gain statements below. If the statement describes a *dangerous* way to gain weight, place a checkmark in the space provided to the left of each letter. If the statement describes a *safe* way to gain weight, draw a star in the space provided to the left of each letter.

- \_\_\_\_\_ A. Enjoying frequent snacks.
- \_\_\_\_\_ B. Adding as many fats and sugars as you can to your meals and snacks.
- \_\_\_\_\_ C. Avoiding physical activity.
- \_\_\_\_\_ D. Eating more portions of nutrient-rich foods from the basic food groups.
- \_\_\_\_\_ E. Eating three meals a day.
- \_\_\_\_\_ F. Drinking supplements and taking vitamins and minerals in place of foods.
- \_\_\_\_\_ G. Drinking several protein shakes a week.
- \_\_\_\_\_ H. Choosing calorie-containing fluids, including juice, milk shakes, and smoothies.
- \_\_\_\_\_ I. Adding extra calories with such foods as wheat germ.
- \_\_\_\_\_ D. Following a very low-calorie diet: fewer than 800 calories per day.
- \_\_\_\_\_ E. Embarking on a weight-loss program without first checking with a health professional.
- \_\_\_\_\_ F. Fasting—going without food.

# Activity 3

## Keeping a Healthy Weight

### On-Target Weight or Overweight?

**Purpose:** To describe causes for the rising number of people who are overweight.

**Directions:** Use your text to answer the items below. Write your answers in the space provided.

1. List the harmful effects that obesity can have on your body.

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2. How do television advertisements and cooking shows contribute to obesity?

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3. How do supermarkets and vending machines contribute to the overweight problem in the United States?

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4. How do fast-food restaurants contribute to the overweight problem in the United States?

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5. How do labor-saving devices and electronic entertainment contribute to the obesity problem in the United States?

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6. How do comfort foods contribute to the overweight problem in the United States?

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7. How do genetics contribute to the overweight problem in the United States?

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8. What can you do to control weight gain throughout life?

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