

CHAPTER 6 NOTE PAGES

6.1 – MANAGING WEIGHT AND BODY COMP

1. BODY IMAGE –

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2. CALORIES –

- Carbohydrates -
- Proteins -
- Fats -
- High fat foods –
- Low fat foods –
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3. HOW MANY CALORIES SHOULD YOU CONSUME?

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4. BMI =

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- Weight in LBS x 703/ (height in inches)² .
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5. INTERPRETING YOUR WEIGHT

- BMI – 19- 24.9
- BMI – 25 – 29.9
- BMI – 30 +

6. BODY COMPOSITION –

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- MALES –
- FEMALES –

7. WEIGHT RELATED HEALTH RISKS

- TOO HEAVY OR TOO THIN =
- OVERWEIGHT –

- OBESITY =

8. OBESITY: A HAZARD TO HEALTH

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- TWO MAIN REASONS WHY PEOPLE GAIN WEIGHT:
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 -
- SET POINT THEORY =

9. UNDERWEIGHT: A HEALTH RISK

- UNDERWEIGHT –
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 -
- UNDERNUTRITION –
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10. HEALTHFUL WAYS TO MANAGE WEIGHT

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- SET SMART GOALS -
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11. HEALTHY WEIGHT LOSS STRATEGIES

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- EAT NUTRIENT DENSE FOODS
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12. HEALTHY WEIGHT LOSS STRATEGIES

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13. HEALTHY WEIGHT GAIN STRATEGIES

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- - RESISTANCE – TRAINING

14. PHYSICAL ACTIVITY AND WEIGHT MANAGEMENT

- AEROBIC EXERCISE –
- RESISTANCE TRAINING –
 -
- BENEFITS OF REGULAR PHYSICAL ACTIVITY
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