

The background of the slide features a pattern of overlapping green hexagons of varying shades. A solid brown rectangle is positioned in the upper right corner. The title 'Weight Loss' is written in a green, sans-serif font, and the subtitle 'Chapter 8 Section 4' is in a smaller, dark grey font below it. A thick green horizontal line is located at the bottom of the white content area.

# Weight Loss

Chapter 8 Section 4

# Wrong Ways to Lose Weight

- Fluid Loss
  - Quick, but temporary results (homeostasis)
  - Low carb diets include high water loss
  - Dangerous

- Fasting ( not eating)
  - no energy consumed – use glycogen quickly
  - body converts protein from muscles and organs
  - lose muscle and water weight
  - starvation mode – body holds fat = get fatter
  - will gain weight back (will be fatter and weaker)
  - **DANGEROUS!!**



- Diet pills, surgery

- Short term diets

- Example

$$3000 - 2500 = 500$$

$$2000 - 2500 = - 500$$

$$2000 - 2000 = 0$$

$$3000 - 2000 = 1000$$

\* Body will adjust DOWN to however many calories consumed!

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# Smart Weight Loss Strategies

Chapter 8 Section 5

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- \*\* Goal is to lose fat tissue, not lean tissue or water
- \*\* Know difference between:  
Hunger = *need* to eat  
Appetite = desire to eat (emotions, ads)

- Diet planning
  - Don't rush = 1-2 lbs a week at most
  - Eating plan – not a short term diet
  - Eat regularly (no skipping meals, eat throughout the day)
  - Don't weigh yourself too often
  - Don't punish yourself – Get back on track!!
  - EXERCISE!!!!!!!

## ● Weight Loss Study

- Group 1 = -500 cal from diet (-11.7lb, -2.4 muscle)
  - Group 2 = -500 cal from exercise (-12.6 lb fat, + 2 lb muscle)
  - Group 3 = -250 cal diet, -250 cal exercise (-13.1 lb fat, +1.1
- **Best way to lose weight = cut calories and increase exercise (resistance and cardio)**