

IMPORTANCE OF A HEALTHY WEIGHT

Chapter 8 Sections 1-3

Dangers of Unhealthy Weight

- **Underweight**
 - Die first in famine
 - Hospital - must fast for tests, treatment
 - Women - menstrual cycles disrupted
- **Overweight (Obesity)**
 - Hypertension
 - Diabetes
 - Heart Disease - heart works harder, clogged arteries
 - Social Handicaps (clothes, meeting people, employment, self esteem)

The Right Weight for You

- **Body Composition** = ratio of lean/ fat tissue
 - **Body Fat %** -
 - **BMI** -
 - Both measure body fatness, not body weight
 - **Scale** - not the best weigh
doesn't tell you how much fat involved in overall weight

Energy Balance

- ****Food energy taken in(calories) - energy spent by body(cal) = change in energy stores**
- **Energy in**
 - calories from food/ drink (carbs., fat, protein, alcohol)
 - 3,500 cal. over expenditure = gain 1 lb. fat
 - 3,500 cal. spent over intake = lose 1 lb. body tissue

- **Energy out**
 - Resting metabolic rate = energy to sustain life - work all the time (heart beat, breathing, etc.)
 - 1,200 - 1,500 cal. a day = 60-75% of calories
- Thermic effect of a meal = digestion, absorption, etc = 10% calories
- voluntary activity (# cal. spent depends on..) 15-30% of cal
 - # and size of muscle
 - weight of body parts moved
 - length of time
 - intensity
 - *) You can control these!!!