

# WEIGHT MAINTENANCE & EATING DISORDER<sup>c</sup>

## LESSON #4 Hand In

/5

### WEIGHT MAINTENANCE:

1. What happens to the body when your calorie intake is:
  - a. LESS than your energy output? \_\_\_\_\_
  - b. MORE than your energy output? \_\_\_\_\_
  - c. SIMILAR to your energy output? \_\_\_\_\_
2. To gain ONE POUND you must consume an extra \_\_\_\_\_ calories above your daily output.
3. Most daily fluctuations are due to \_\_\_\_\_
4. Why is dieting alone an inadequate approach to fat control?  
 \_\_\_\_\_  
 \_\_\_\_\_
5. Do men or women generally have a higher acceptable percentage of body fat and why? \_\_\_\_\_
6. What weighs more, muscle or fat? \_\_\_\_\_
7. We know that a combination of **DIET** (watching what you eat) and **EXERCISE** is the best method of weight management. **Name and explain** three **other** factors that can influence weight gain or loss.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### EATING DISORDERS:

8. The eating disorder most commonly characterized by extreme fear of weight gain, excessive calorie reduction/fasting, and a distorted view of body size is:  
 \_\_\_\_\_
9. Bulimia Nervosa is characterized by two key behaviours which are:  
 \_\_\_\_\_ and \_\_\_\_\_
10. What does the acronym EDNOS stand for?  
 \_\_\_\_\_
11. List at least four of the potential consequences of eating disorders:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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