

WEIGHT MAINTENANCE & EATING DISORDER^c

LESSON #4 Hand In

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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:

