

WEIGHT MAINTENANCE

/5

This worksheet provides a review of the material taught in the lesson. Answer all questions completely and in your own words.

1. List **three** different types of problems that are likely to be incurred by a person carrying **excess body fat**.

a) _____

b) _____

c) _____

2. Besides 'TYPE' of activity, what other factors (Hint: remember the "F.I.T.T. Formula") determine how many calories are expended in a given activity?

F. _____

I. _____

T. _____

T. Type

3. What happens to your body weight when you calorie intake is:

a) **less** than your energy output? _____

b) **more** than your energy output? _____

c) **similar** to your energy output? _____

4. To gain **one pound** of excess fat you must consume an extra _____ calories above your daily energy output.

5. Most daily weight fluctuations are due to _____ .

6. Why is dieting alone an inadequate approach to fat control?

7. Do men or women generally have a higher acceptable percentage of body fat and why?

8. What weighs more, muscle or fat? _____

9. We know that a combination of exercise and diet (watching what you eat) is the best method of weight management. Name 3 **other** factors that can influence weight gain or loss.

a) _____

b) _____

c) _____

Name: _____

All of the following statements are FALSE! Explain why!

STATEMENT

EXPLANATION OF WHY IT IS FALSE!

1. When you are overweight you are also obese (overfat).
2. Height/weight charts will tell you your ideal weight.
3. You can tell how fat you are by weighing yourself.
4. Overeating is the basic cause of obesity.
5. If you exercise, your appetite will increase.
6. Only fat is lost when you diet.
7. Sit-ups are the best way to take the fat off your waist.
8. Weight lost during dieting is usually permanent.
9. Fasting is an excellent way to lose fat and to speed up the body's metabolism.
10. Fad diets are quite harmless and usually result in considerable fat loss and permanently improved eating habits.