

Objectives

- ▶ **Examine** how heredity, activity level, and body composition influence a person's weight.
- ▶ **Calculate** your body mass index.
- ▶ **Identify** health problems associated with being overweight and underweight.
- ▶ **Summarize** strategies for losing or gaining weight.

Warm-Up

Health Stats What health trend do these statistics reveal?

In 1965, 4.6 % of teens were overweight.

In 1980, 5.0 % of teens were overweight.

Today, 16.1 % of teens are overweight.

WRITING What changes might help reverse this trend? How successful do you think the changes would be?

What Weight Is Right for You?

- A person's weight is determined by various factors, including
 - heredity
 - level of activity
 - body composition
- The weight that is right for you is the weight that does not present any health risks.

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Heredity

- There is a link between body weight and heredity.
- You may have a natural tendency toward a certain weight.

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Activity Level

- The more active you are, the more calories you burn.
- If you are less active, you need fewer calories.
- The number of calories consumed must equal the number of calories burned.

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Body Composition

- **Body composition** is a measure of how much body fat you have, as compared to muscle and bone.
- Body composition is affected by sex and age.
- Women tend to have more body fat and lower muscle mass than men.

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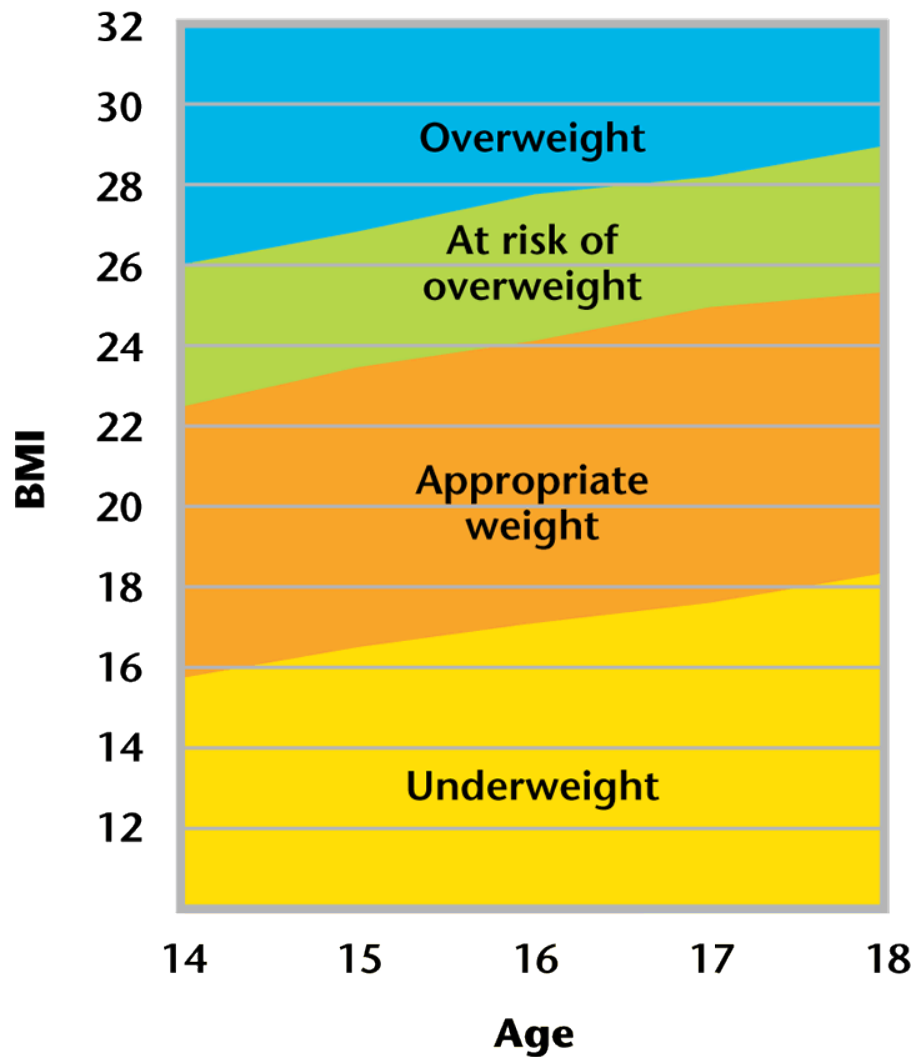
Body Mass Index

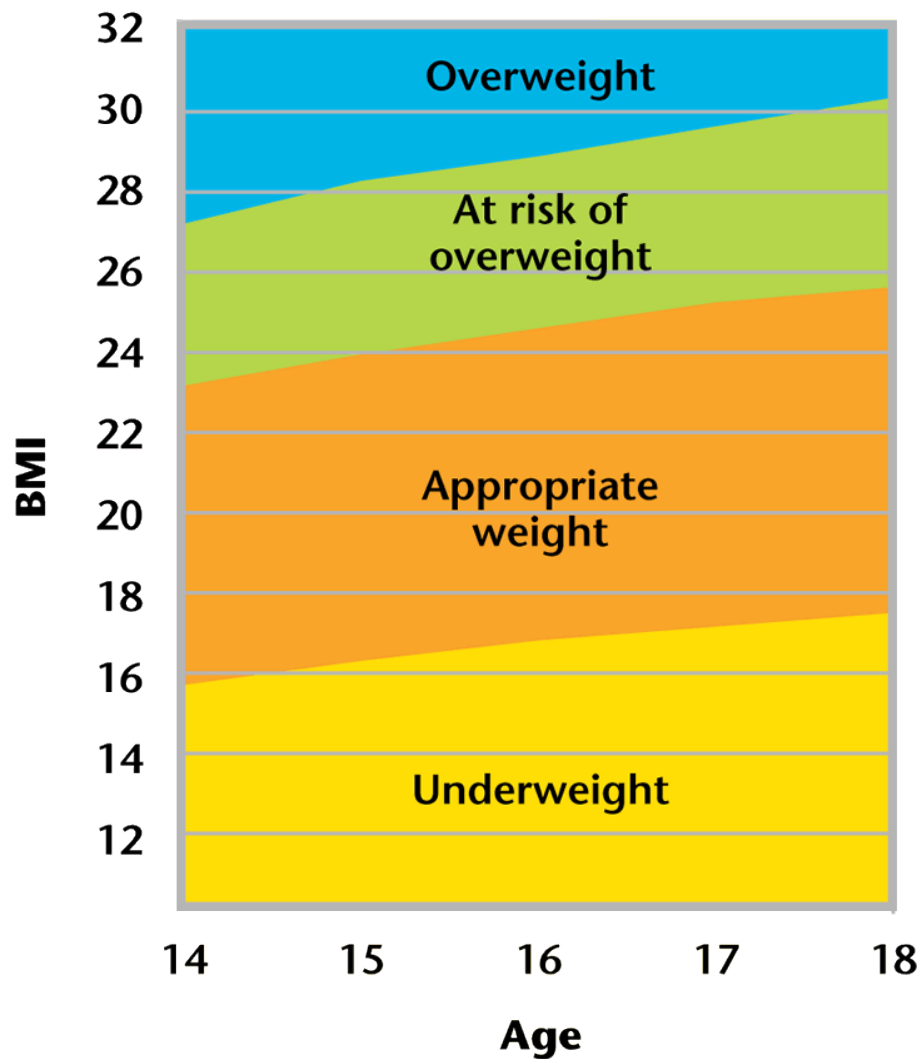
- **Body mass index (BMI)** is a ratio of your weight to your height.

$$\text{BMI} = \left(\frac{\text{Weight (in pounds)}}{[\text{Height (in inches)}]^2} \right) \times 703$$

- Follow these steps to calculate your BMI.
 - Multiply your height (in inches) by your height (in inches).
 - Divide your weight (in pounds) by the number from Step 1.
 - Multiply the number from Step 2 by 703.

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BMI Chart for Males

BMI Chart for Females

A Growing Problem

- **Overweight** is a term used to describe a person who is heavier than the standard for the person's height.
- **Obesity** (oh BEE sih tee) refers specifically to adults who have a BMI of 30 or higher.

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Health Risks

Overweight people tend to develop several health problems

- high blood pressure
- excess cholesterol in the blood
- excess glucose in the blood
- heart disease
- stroke
- certain cancers

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What You Can Do

- Prevention is the key to avoiding the health problems associated with being overweight.
- Healthy eating and regular exercise can help you avoid becoming overweight in the first place.

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Underweight

Underweight is a term used to describe a person who is lighter than the standard for the person's height.

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Health Risks

Being underweight can be linked to health problems

- anemia
- heart irregularities
- trouble regulating body temperature

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What You Can Do

- Be patient. As you mature, there probably will come a time when your weight will start to increase.
- Healthy eating and exercise are as important for putting on weight as they are for taking off weight.

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MEDIA Wise

Evaluating Diet Plans

- Will a diet live up to its claims?
- Is it good for your health?

**End of
Slide**

MEDIA **Wise**

Does the diet provide fewer than 1,200 calories a day?

Yes**No**

Does the diet cut out fats, carbohydrates, or proteins?

Yes**No**

Does the diet promise rapid weight loss in a short amount of time (more than 1 or 2 pounds per week)?

Yes**No**

Does the diet ignore the need for long-term changes in eating habits?

Yes**No**

Does the diet ignore the need for regular exercise?

Yes**No**

“Yes” answers to one or more questions may indicate a diet that is unlikely to work. What’s worse, the diet could harm your health in the long term.

Healthy Weight Management

Sensible weight management involves

- avoiding dangerous diet plans
- choosing nutritionally balanced meals and snacks
- getting regular exercise

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Dangerous Diet Plans

- **Fad Diets** A **fad diet** is a popular diet that may help a person lose or gain weight but without proper regard for nutrition and other health issues.
- **Diet Aids** Diet aids include pills and candies that are supposed to suppress appetite.
- **Fasting** Some people fast, or refrain from eating.

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Sensible Weight Loss

- **Recognize Eating Patterns** Keep a diary of your current eating habits.
- **Plan Helpful Strategies** Change your eating habits gradually.
- **Exercise** Your weight-loss program will be far more effective if you exercise.

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Weight-Loss Strategies

- Eat smaller portions.
- Eat your food slowly to enjoy its taste.
- Try not to eat while watching TV or reading.
- Take a walk instead of eating when you are bored.
- If you overeat occasionally, do not become upset. Just return to your sensible eating habits.

Sensible Weight Gain

- Avoid snacks right before mealtimes.
- Choose nutrient-dense foods that are high in calories.
- Don't increase your fat intake over what is recommended in the MyPyramid plan.
- Try not to skip meals.
- Take bigger helpings of food than usual.
- While you are increasing your caloric intake, do not neglect exercise.

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Electrolytes

- Are the Smallest of chemicals
- Help Maintain body functioning
- Are things like sodium and potassium
- They generate electricity, contract muscles, move water and fluids within the body, and participate in myriad other activities.
- They can be controlled by hormones