

Units 7-10

Unit 7: Weight Management and Energy Balance

- Healthy Weight:
 - One that doesn't increase the risk of developing weight-related health problems and diseases
- Underweight:
 - weighing too little for your height
 - Health concerns include:
 - Impaired immune system function, amenorrhea, low bone density, poor growth, decreased strength and endurance, easy chilling, difficulty in concentrating, lack of motivation, decreased libido, social and psychological problems.
- Overweight:
 - 10-15 pounds more than healthy weight
 - 67% of Americans are overweight
 - Health concerns include:
 - Hypertension, stroke, type 2 diabetes, cancer, gallbladder disease, sleep apnea, CV disease, arthritis, gout, social and psychological problems
- Obesity:
 - 25 to 40 pounds more than healthy weight
 - 43% of Americans are obese
 - Health concerns include:
 - Same as overweight above
- BMI:
 - Tool to assess healthy weight in relation to height
 - May be inaccurate in children, athletes, people with a high muscle to fat ratio and shorter individuals:
 - $BMI = \text{weight (lbs)} \times 703 / \text{height squared (in}^2\text{)}$
 - $BMI > 25$
 - Overweight
 - Modest, increase in risk of dying from diseases
 - $BMI > 30$
 - Obese
 - 50 to 100 percent higher risk of dying prematurely compare to healthy weight
 - $BMI < 18.5$
 - Underweight
 - Unhealthy
- Energy storage in body:
 - Glycogen is the storage form of?
 - Carbohydrate

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