

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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Table of Contents Fsn 127 Study Guide Exam 3

1. Understanding the eBook Fsn 127 Study Guide Exam 3
 - The Rise of Digital Reading Fsn 127 Study Guide Exam 3
 - Advantages of eBooks Over Traditional Books
2. Identifying Fsn 127 Study Guide Exam 3
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fsn 127 Study Guide Exam 3
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fsn 127 Study Guide Exam 3
 - Personalized Recommendations
 - Fsn 127 Study Guide Exam 3 User Reviews and Ratings
 - Fsn 127 Study Guide Exam 3 and Bestseller Lists
5. Accessing Fsn 127 Study Guide Exam 3 Free and Paid eBooks
 - Fsn 127 Study Guide Exam 3 Public Domain eBooks
 - Fsn 127 Study Guide Exam 3 eBook Subscription Services

- Fsn 127 Study Guide Exam 3 Budget-Friendly Options
- 6. Navigating Fsn 127 Study Guide Exam 3 eBook Formats
 - ePub, PDF, MOBI, and More
 - Fsn 127 Study Guide Exam 3 Compatibility with Devices
 - Fsn 127 Study Guide Exam 3 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fsn 127 Study Guide Exam 3
 - Highlighting and Note-Taking Fsn 127 Study Guide Exam 3
 - Interactive Elements Fsn 127 Study Guide Exam 3
- 8. Staying Engaged with Fsn 127 Study Guide Exam 3
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fsn 127 Study Guide Exam 3
- 9. Balancing eBooks and Physical Books Fsn 127 Study Guide Exam 3
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fsn 127 Study Guide Exam 3
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fsn 127 Study Guide Exam 3
 - Setting Reading Goals Fsn 127 Study Guide Exam 3
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fsn 127 Study Guide Exam 3
 - Fact-Checking eBook Content of Fsn 127 Study Guide Exam 3
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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