

## 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

# Fsn 127 Study Guide Exam 3

**IM Harris**

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