Weight Management Notes

1. Overweight and youth
	1. # of overweight teens in US has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Overweight – a person is \_\_\_\_\_\_\_\_\_\_\_\_\_ than the \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ for their height
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_ is above the \_\_\_\_\_\_\_\_ %
	4. Causes for being overweight
		1. \_\_\_\_\_\_\_\_\_ too \_\_\_\_\_\_\_\_
		2. Eating \_\_\_\_\_\_\_\_\_\_\_\_\_ kinds of \_\_\_\_\_\_\_\_\_\_\_\_ (high in \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_)
		3. \_\_\_\_\_\_\_\_\_\_\_\_ to little
2. Weight Categories
	1. Overweight – weighing more than most people your \_\_\_\_\_\_, \_\_\_\_\_\_\_, and height
	2. Overfat – having more \_\_\_\_\_\_ than you should as determined by \_\_\_\_\_\_\_\_\_\_\_\_ measurements
		1. Females
		2. Males
	3. Obese - \_\_\_\_\_\_\_\_\_\_\_ overfat
		1. Females
		2. Males
	4. Ideal Body Weight - \_\_\_\_\_\_\_\_ weight for a person with \_\_\_\_\_ \_\_\_\_\_\_ % within an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ range
3. Effects of being overweight on health
	1. Effects \_\_\_\_\_-\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ of life
	2. Interferes with \_\_\_\_\_\_\_\_\_\_\_ and necessary \_\_\_\_\_\_\_\_\_ processes of a \_\_\_\_\_\_\_\_\_
	3. Prevents teens from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_ games and activities, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ them from \_\_\_\_\_\_\_\_\_\_\_\_
	4. Simple daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_ become a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	5. Prevents teens from developing \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and physical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ patterns
4. Physical health risks
	1. Being overweight is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to many \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and conditions
		1. H
		2. H
		3. H
		4. C
	2. Excessive weight disabilities - \_\_\_\_\_\_\_\_\_\_\_ problems or \_\_\_\_\_\_\_\_\_\_\_ resulting from \_\_\_\_\_\_\_-term overweight or \_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Breathing difficulties – fat presses against \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (\_\_\_\_\_\_\_\_\_\_ used for breathing), \_\_\_\_\_\_\_\_\_ apnea
		2. Bone and joint problems – from the \_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_ weight on \_\_\_\_\_\_\_\_, decreases \_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_
		3. Impaired Glucose Tolerance (IGT) - \_\_\_\_\_\_\_\_\_\_\_\_ glucose levels are \_\_\_\_\_\_\_\_
			1. Pancreas produces very little \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (hormone that \_\_\_\_\_\_\_\_\_\_\_\_ glucose into \_\_\_\_\_\_\_\_\_\_\_)
			2. Can lead to
				1. Used to be an \_\_\_\_\_\_\_ disease, but now effecting \_\_\_\_\_\_\_\_\_\_\_
5. Being Underweight
	1. Being \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
	2. BMI is below the \_\_\_\_\_\_\_% for one’s \_\_\_\_\_\_\_\_\_\_\_
	3. Insufficient \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_
	4. Greater risks for
	5. Sometimes teens are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which impairs
	6. Greater risks for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (lack of iron) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ later in life
	7. Should eat \_\_\_\_\_\_\_\_\_\_\_ meals per day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ rich \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	8. Use \_\_\_\_\_\_\_\_\_\_\_ training to build
6. Body Image and Weight Control
	1. Body image –
	2. Some people have
	3. Eating disorders – psychological \_\_\_\_\_\_\_\_\_\_\_\_\_ that cause people to \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or practice other
		1. Causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		2. Treated with
7. Anorexia nervosa
	1. Eating disorder in which a person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ restricts their \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_
	2. Effects more
	3. Fear of being \_\_\_\_\_\_\_\_ or gaining \_\_\_\_\_\_\_\_\_\_\_\_
	4. Causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, reduced bone \_\_\_\_\_\_\_\_\_\_, low temp, low \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, slowed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, small organ size, \_\_\_\_\_\_\_\_\_\_\_ problems
	5. Signs or indicators
		1. Sudden
		2. Lying about
		3. Consuming \_\_\_\_\_\_\_\_\_\_\_\_\_ amounts of food in front of \_\_\_\_\_\_\_\_\_\_\_\_\_\_
		4. Preoccupation with
		5. Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Bulimia Nervosa
	1. Eating disorder in which people \_\_\_\_\_\_\_\_\_\_\_\_ and then force themselves to \_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_ afterward
		1. Self-induced \_\_\_\_\_\_\_\_\_\_\_\_
		2. L
		3. Excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Caused by
	3. Often have normal \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which makes the person \_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_
	4. Can cause: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ damage, irregular \_\_\_\_\_\_\_\_\_\_\_\_\_\_, damages tissues of
	5. Signs:
		1. M
		2. Excessive concerns about
		3. Eating large amount of
		4. Visit bathroom immeadiately
		5. Use of
		6. Excessive
9. Nutition Myths
	1. Myth: It is best to
	2. Fact: \_\_\_\_\_\_\_\_ smaller \_\_\_\_\_\_\_\_\_\_ and snacks is \_\_\_\_\_\_\_\_\_\_\_
		1. Helps to maintain a
		2. Curbs \_\_\_\_\_\_\_\_\_\_\_\_\_ and prevents \_\_\_\_\_\_\_\_\_\_\_\_
	3. Myth: It is reasonable to lose \_\_\_\_\_\_\_\_ per week
	4. Fact: NO, most weight lost is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Can lead to
	5. Myth: consuming a lot of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the best way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ muscle \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	6. Fact: lifting is \_\_\_\_\_\_\_\_\_\_\_\_ but \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ supplements are \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_
10. Physcial Activity and Nutrition
	1. Myth: best way to control weight and body composition is by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Fact: best to combine
	3. Myth: easy to lose \_\_\_\_\_\_\_\_\_\_\_\_\_ of fat by burning \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through\_\_\_\_\_\_\_\_\_\_
	4. Fact: not that east, the exercise has to be
		1. Aim for
	5. Myth: Spot-reducing – an attempt to lose fat in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ area of the body by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_ in that area
	6. Fact: can’t be done, body calls upon \_\_\_\_\_\_\_\_\_\_\_ fat from
	7. Myth: Cellulite – lumps or ripples of \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ that are \_\_\_\_\_\_\_\_\_\_\_\_\_\_ between connective tissue of \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_, cannot be lost with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	8. Fact: no, cellulite is just fat and must be
	9. Myth: Fasting and self-starvation is good for quick weight loss
	10. Fact: Causes body to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the rate at which \_\_\_\_\_\_\_\_\_\_\_\_\_ are \_\_\_\_\_\_\_\_\_\_\_\_ and actually \_\_\_\_\_\_\_\_\_\_\_ more \_\_\_\_\_\_\_\_\_\_
		1. No evidence that fasting
11. Fad Diets
	1. Weight loss plans that
	2. Most based on
	3. Most focusing on one
	4. Some focus on “fat burning” power of one food
	5. Be leery of plans that:
		1. Center on
		2. Claim that you can
		3. Require purchase of
		4. Does not require changes to
	6. These diets fail because they don’t change
	7. Put at risk for
	8. Weight loss is often \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ once diet is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Diet pills or aides
	1. May control \_\_\_\_\_\_\_\_\_\_\_\_\_ but carry
	2. Do not contribute to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight loss
	3. Can create and imbalance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and minerals
13. Methods for weight control
	1. Everyone can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a weight and \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that is best for them
	2. Weight cycling - cycle of \_\_\_\_\_\_\_\_\_\_, regaining, losing and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ weight
	3. Develop a personal plan that you work through consistently
		1. Check
		2. Follow
		3. Adjust
		4. Engage in\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for
		5. Allow
		6. Measure
		7. Use
14. Keys to weight control
	1. Balance \_\_\_\_\_\_\_\_\_\_\_\_ intake and energy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
		1. Taking in more \_\_\_\_\_\_\_\_\_\_\_\_\_\_ than you \_\_\_\_\_\_\_\_\_\_\_\_\_\_ = weight \_\_\_\_\_\_\_\_\_
		2. Expend more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than you \_\_\_\_\_\_\_\_ \_\_\_\_\_\_ = weight \_\_\_\_\_\_\_\_\_\_
	2. Form \_\_\_\_\_\_\_\_\_\_\_\_\_\_ lifetime \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_