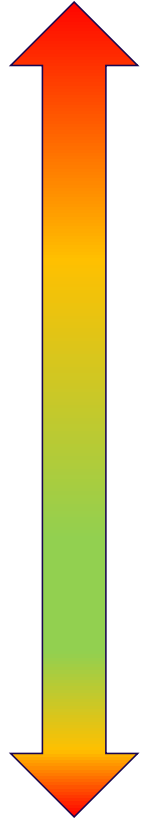


## TOPIC: WEIGHT AND HEALTH

### Weight and Health

- ◆ There is no \_\_\_\_ healthy weight → different categories relate to levels of \_\_\_\_ risk.



**Obese:** \_\_\_\_ excess of Calories.

- ◆ \_\_\_\_ risk of chronic disease:
  - Type 2 diabetes, heart disease & hypertension, some cancers, and increased mortality.

**Overweight:** \_\_\_\_ Calories.

- ◆ \_\_\_\_ risk of chronic disease:
  - Type 2 diabetes, heart disease & \_\_\_\_, and some cancers.

**Healthy weight:** \_\_\_\_ Calories.

- ◆ Appropriate for age/ height/ sex.
- ◆ Able to maintain \_\_\_\_ constant dieting.
- ◆ \_\_\_\_ risk of weight-related disease.

**Underweight:** \_\_\_\_ Calories.

- ◆ Can \_\_\_\_ body function → increased risk of:
  - Nutritional deficiencies, \_\_\_\_, compromised \_\_\_\_ function, and death.

### EXAMPLE

Determine if each of the statements below about weight are true or false. If false, correct the statement.

1. There are no health risks to being underweight: \_\_\_\_\_
2. Individuals who are obese have a greater risk for chronic diseases such as diabetes and heart disease: \_\_\_\_\_
3. At a healthy weight, an individual has sufficient caloric intake and is able to maintain this weight without constantly dieting: \_\_\_\_\_
4. Being overweight increases your risk for osteoporosis: \_\_\_\_\_