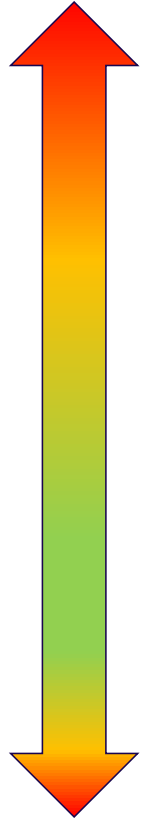


TOPIC: WEIGHT AND HEALTH

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: _____