

WEIGHT MAINTENANCE & EATING DISORDER^c

LESSON #4 Hand In

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WEIGHT MAINTENANCE:

1. What happens to the body when your calorie intake is:
 - a. LESS than your energy output? weight loss
 - b. MORE than your energy output? weight gain
 - c. SIMILAR to your energy output? maintained weight
2. To gain ONE POUND you must consume an extra 3500 calories above your daily output.
3. Most daily fluctuations are due to water retention
4. Why is dieting alone an inadequate approach to fat control?
to lose body fat, you must exercise (dieting only creates less calorie intake)
5. Do men or women generally have a higher acceptable percentage of body fat and why? women generally have a higher body fat % due to hormones
6. What weighs more, muscle or fat? muscle
7. We know that a combination of **DIET** (watching what you eat) and **EXERCISE** is the best method of weight management. **Name and explain** three **other** factors that can influence weight gain or loss.
 - *1) digestive system efficiency
 - *2) heredity/environment
 - *3) psychological

EATING DISORDERS:

8. The eating disorder most commonly characterized by extreme fear of weight gain, excessive calorie reduction/fasting, and a distorted view of body size is:
anorexia nervosa
9. Bulimia Nervosa is characterized by two key behaviours which are:
binging and _____
10. What does the acronym EDNOS stand for?
eating disorder
11. List at least four of the potential consequences of eating disorders:
 - *1) appearance
 - *2) social media
 - *3) celebrities
 - *4) peer pressure