

WEIGHT MAINTENANCE & EATING DISORDERS

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? You lose weight
 - b. MORE than your energy output? You gain weight
 - c. SIMILAR to your energy output? You maintain your weight
2. To gain ONE POUND you must consume an extra 3500 calories above your daily output.
3. Most daily fluctuations are due to Fluid shifting/ water weight/ hydration status
4. Why is dieting alone an inadequate approach to fat control?
Because when you diet you lose muscle mass as well as fat, and when you go back to your old eating habits, the weight you regain is fat, so over time you actually gain more fat.
5. Do men or women generally have a higher acceptable percentage of body fat and why? Women have more body fat, because they have special hormones for reproduction.
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.
An injury could prevent you from being active so that could lead to weight gain
Genetics
Thyroid function

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
9. Bulimia Nervosa is characterized by two key behaviours which are:
Binging and Purging
10. What does the acronym EDNOS stand for?
Eating Disorder Not Otherwise Specified
11. List at least four of the potential consequences of eating disorders:
Hair loss, heart and circulatory problems,
Tooth decay, organ problem,
Bloating, sometimes infertility
Extreme weight loss