

WEIGHT MAINTENANCE & EATING DISORDER^c

LESSON #4 Hand In

/5

WEIGHT MAINTENANCE:

1. What happens to the body when your calorie intake is:
 - a. LESS than your energy output? You loose weight
 - b. MORE than your energy output? You gain weight
 - c. SIMILAR to your energy output? Your weight stays the same
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?
Because you won't be losing just fat, but you can be losing your muscles as well when dieting. Also if you do lose fat, you'll go back to your regular diet and gain the weight back.
5. Do men or women generally have a higher acceptable percentage of body fat and why? Women because of 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.
Basal Metabolic Rate
Water Retention
Psychological Factors

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:
Forcing to throw up your food and binging
10. What does the acronym EDNOS stand for?
Eating Disorders Not Otherwise Specified
11. List at least four of the potential consequences of eating disorders:
Hair loss
Tooth Decay
Bloating
Extreme Weight Loss