

## CONCEPT: MANAGING WEIGHT

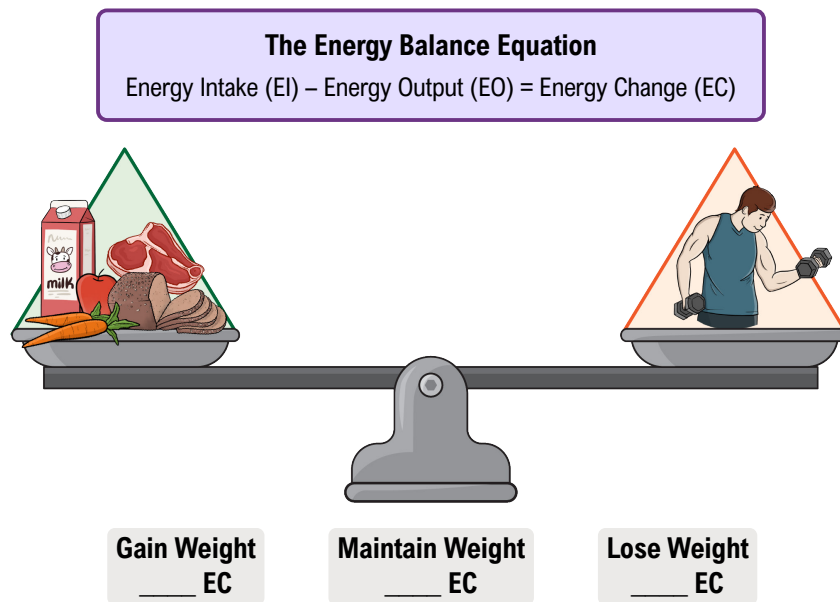
◆ **Weight Management** involves maintaining \_\_\_\_\_ body weight through balancing calorie intake and physical activity.

### Calorie Intake

◆ **Recall:** Calories are units of measurement from food (**energy intake**) and \_\_\_\_\_ through activity (**energy output**).

- 3500 of excess calories = \_\_\_\_ lb of fat.

◆ The **Energy Balance Equation** can be used to determine if body weight is gained, maintained or lost.



### EXAMPLE

Charlie consumes a bag of potato chips every day that exceeds his caloric baseline by 1220 calories. How many days would Charlie need to consume a bag of potato chips to gain approximately 5.23 pounds?

- a) 9 days                      b) 11 days                      c) 15 days                      d) 30 days                      e) 120 days

### PRACTICE

Running approximately 7 mph burns about 12 calories per minute. If a slice of pepperoni pizza contains 330 calories, calculate Conor's caloric energy change after consuming 4 pizza slices and running for 1.5 hours at 7 mph?

- a) -240 calories              b) +83 calories              c) +240 calories              d) -115 calories              e) 0 calories

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### Physical Activity

- ◆ Any movement done by the body's muscles that \_\_\_\_\_ energy.
  - Physical activity via exercise \_\_\_\_\_ a body's lean (muscle) tissue, which is more metabolically active.
  - Lean tissue burns \_\_\_\_\_ daily calories than fat tissue.
  - A \_\_\_\_\_ daily calorie deficit can lead to the loss of 1 lb in a week.

### EXAMPLE

If Individual A weighs 150 lbs. and Individual B weighs 225 lbs., which of the following statements is true if their body compositions are the same?

- a) Individual A will burn more calories after the same amount of physical activity.
- b) Individual B will burn the same number of calories as Individual A after the same amount of physical activity.
- c) Individual B will burn more calories after the same amount of physical activity.
- d) Individual A can burn more calories after less physical activity.

- ◆ Calorie expenditures through physical activity depend on \_\_\_\_\_ factors:

Physical Activity Factors	
Factor	Caloric Outcomes
① Muscles Used	▸ _____ number of muscles used _____ calories burned.
② Weight Moved	▸ _____ the resistance of weights _____ calories burned.
③ Amount of Time	▸ _____ workouts increase calories burned.

### EXAMPLE

Which of the following could be a potential reason for a greater than average weight gain during the COVID pandemic for a typical person?

- a) A decrease in overall stress amongst the population.
- b) A decrease in physical activity during lockdowns.
- c) A lack of availability of food from supply chain disruptions.
- d) An increase in eating out.

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### Healthy Diet Plans

- ◆ The development of a healthy diet plan is a useful practice in \_\_\_\_\_ your desired body weight.
  - The diets listed below are based on their efficacies in combating chronic diseases.

Healthy Diet Plan Options	
Name of Diet	Description
<b>1 Mediterranean</b>	<ul style="list-style-type: none"><li>▸ _____-based diet centered around fruits, vegetables, fish, grains, nuts &amp; oils.</li><li>▸ Moderate amount of poultry, eggs and dairy.</li></ul>
<b>2 DASH</b> Dietary Approaches to Stop Hypertension	<ul style="list-style-type: none"><li>▸ Diet designed to fight _____ tension.</li><li>▸ Avoids sweets, saturated fats, red meat and sodium.</li></ul>
<b>3 Flexitarian</b>	<ul style="list-style-type: none"><li>▸ Mostly _____-based diet centered around fruits, vegetables, &amp; grains.</li><li>▸ Allows for limited consumption of fish and meats.</li></ul>
<b>4 MIND</b> Mediterranean-DASH Intervention for Neurodegenerative Delay	<ul style="list-style-type: none"><li>▸ _____ of Mediterranean and DASH diets.</li></ul>
<b>5 WeightWatchers®</b>	<ul style="list-style-type: none"><li>▸ _____ diet program based on healthy eating and physical activity.</li></ul>

### EXAMPLE

To lose weight and lower her high blood pressure, Cassidy adopts a new eating plan. Her only requirement is the avoidance of fish because she dislikes the smell and taste. She transitions from processed meats, fried foods, soft drinks and caffeinated beverages to one rich in fruits, vegetables, whole grains and low-fat dairy products. Which of the diets is Cassidy most likely following?

- a) Carnivore      b) MIND      c) Mediterranean      d) DASH      e) Atkins

### PRACTICE

Which of the following is a key difference between a flexitarian diet and a vegetarian diet?

- a) The flexitarian diet is plant-based unlike the vegetarian diet.
- b) The flexitarian diet is plant-based like the vegetarian diet but also includes some animal products.
- c) The vegetarian diet is plant-based that focuses only on vegetables and no other food source.
- d) There is no difference between the two diets.