

CHAPTER 6 Maintaining a Healthy Body Weight

Lesson 1 Body Weight and Health Risks

What You Will Do

- Identify health risks related to overweight and underweight.
- Identify impaired glucose tolerance and its role in diabetes.
- Evaluate the effect of overweight on physical activity.



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Lesson 1 Body Weight and Health Risks

Terms to Know

- excessive weight disabilities
- sleep apnea
- impaired glucose tolerance (IGT)
- insulin
- underweight



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Lesson 1 Body Weight and Health Risks

Overweight and Youth

The number of teens in this country who are overweight has tripled. This is a cause of major concern among health professionals.

Developing a healthy eating plan as a teen will reduce your risk of becoming overweight as you age.



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The Effect of Overweight on Health

Being overweight can affect a person's self-esteem and quality of life.

Being excessively overweight is linked with a number of chronic physical diseases and conditions.



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The Effect of Overweight on Health

Conditions such as breathing difficulties and bone and joint problems are grouped together under the heading **excessive weight disabilities**.



Term to Know

Excessive weight disabilities

Health problems and diseases linked to or resulting directly from long-term overweight or obesity.

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The Effect of Overweight on Health

Overweight people are at a higher risk for **sleep apnea**.

Untreated sleep apnea can cause high blood pressure and other cardiovascular diseases, memory problems, weight gain, and headaches.



Term to Know

Sleep apnea

A condition in which a person stops breathing during sleep, due to obstructed or reduced air passages.

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The Effect of Overweight on Health

Another serious condition related to overweight is **impaired glucose tolerance (IGT)**.



Term to Know

Impaired glucose tolerance (IGT)

A disorder in which blood glucose levels become elevated.

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The Effect of Overweight on Health

Often in those with IGT, the pancreas produces too little **insulin** to convert food into glucose, which is then stored in the blood.



Term to Know

Insulin

A hormone produced by the pancreas.

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Underweight

In the face of the overweight epidemic, it is easy to lose sight of the reverse problem—being excessively lean, or **underweight**.



Term to Know

Underweight

Having a Body Mass Index (BMI) that is below the 5th percentile for one's age.

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Lesson 1 Body Weight and Health Risks

1. Recall List and describe two health problems related to overweight.

2. Vocabulary
What is *sleep apnea*?

3. Vocabulary
Define underweight.

3. Recall

Underweight is having a BMI less than the 5th percentile for your age and gender.

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Lesson 2 Body Image and Weight Control

What You Will Do

- Identify the symptoms and risks of eating disorders.
- Explain how to help a friend who may have an eating disorder.
- Explain how overtraining contributes to eating disorders.



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Lesson 2 Body Image and Weight Control

Terms to Know

- body image
- eating disorders
- anorexia nervosa
- bulimia nervosa
- exercise bulimia
- binge eating disorder
- bigorexia



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Lesson 2 Body Image and Weight Control

Body Image and Weight Control

If you see yourself as too fat or too thin, you may have a distorted **body image**.

A distorted body image can lead to serious health risks.



Term to Know

Body image

The way you see your body.

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Lesson 2 Body Image and Weight Control

Eating Disorders

Sometimes a person's concerns about weight can become an obsession and develop into **eating disorders**.



Term to Know

Eating disorders

Psychological illnesses that cause people to undereat, overeat, or practice other dangerous nutrition-related behaviors.

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Eating Disorders

People with **anorexia nervosa** have a fear of becoming fat or gaining weight.

Anorexia nervosa can result in malnutrition, reduced bone density, serious heart problems, and in extreme cases can lead to death.



Term to Know

Anorexia nervosa

An eating disorder in which a person abnormally restricts his or her calorie intake.

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Eating Disorders

Anorexia Nervosa Indicators

- Sudden, massive weight loss.
- Lying about having eaten.
- Denying feeling hungry.
- Consuming minimal amounts of food in front of others.
- Preoccupation with food, calories, and weight.
- Signs of exercise addiction.
- Withdrawing from social activities.
- Belief that he or she is overweight.



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Eating Disorders

Bulimia nervosa is also called bingeing and purging.

The most common method for purging is self-induced vomiting.



Terms to Know

Bulimia nervosa

An eating disorder in which people overeat and then force themselves to purge the food afterward.

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Eating Disorders

A person who has **exercise bulimia** works out excessively in order to burn calories and lose weight.

Bulimics often have normal body composition, so they can be difficult to identify.



Terms to Know

Exercise bulimia

An eating disorder in which people purge calories by exercising excessively.

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Eating Disorders

Bulimia Indicators

- Malnutrition.
- Excessive concerns about weight.
- Eating large amounts of food without weight gain.
- Use of laxatives and diuretics.
- Visiting the bathroom immediately after meals. This is often a sign that the person is planning to induce vomiting.
- Practicing strict weight-loss programs followed by eating binges.
- Excessive exercise.

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Eating Disorders

People with **binge eating disorder** eat excessively but do not purge the food like bulimics.

Binge eaters have a poor body image, and feelings of guilt, depression, lack of control, and frustration.

Term to Know

Binge eating disorder

An eating disorder where individuals eat more rapidly than normal until they cannot eat any more.

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Eating Disorders

Although it is not an eating disorder in the strict sense, **bigorexia** is a serious health condition nevertheless.

Bigorexia is closely associated with exercise addiction.



Term to Know

Bigorexia

A disorder in which an individual falsely believes he or she is underweight or undersized.

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Eating Disorders

Bigorexia Indicators

- Lifting excessive amounts of weight, even when not in sports training.
- Using performance-enhancing supplements.
- Checking their appearance in the mirror frequently.
- Feeling ashamed to show their bodies in public, even when fully clothed.



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Lesson 2 Body Image and Weight Control

Eating Disorders

An individual's desire to stay thin may result in overtraining, which has serious health risks, including:

- insomnia
- weight loss
- weakened immune system
- infertility (women)



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Eating Disorders

People with eating disorders need professional help.

If you believe a friend has an eating disorder, discuss the problem with a trusted adult, such as a parent, a counselor, or a teacher.



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Lesson 2 Body Image and Weight Control

1. Vocabulary

Define *anorexia nervosa*.

2. Recall

List three signs of *bulimia*.

3. Recall

What are the symptoms of *bigorexia*?

3. Recall

Symptoms include using performance-enhancing supplements, checking appearance constantly.

CHAPTER 6 Maintaining a Healthy Body Weight

Lesson 3 Nutrition Myths and Fad Diets

What You Will Do

- Explain myths associated with physical activity and nutrition.
- Identify fad diets and risky weight-loss strategies.
- Evaluate consumer issues related to the safety of dietary supplements.



CHAPTER 6 Maintaining a Healthy Body Weight

Lesson 3 Nutrition Myths and Fad Diets

Terms to Know

- fad diets



CHAPTER 6 Maintaining a Healthy Body Weight

Lesson 3 Nutrition Myths and Fad Diets

Nutrition Myths and Fad Diets

There are several common myths associated with physical activity, nutrition, and weight loss strategies.

Many people lack the appropriate knowledge and expertise to separate myth from reality. ▷

CHAPTER 6 Maintaining a Healthy Body Weight

Lesson 3 Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH It is best to eat only one or two meals per day to control body weight and composition.

FACT It is best to eat several (3 to 5) smaller meals and snacks per day to control body weight and composition. ▷

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Lesson 3 Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH It is reasonable to lose 10 to 20 pounds in one week.

FACT People who do this usually lose mostly water weight, causing severe dehydration and putting people at risk for major health problems because they are not eating enough calories or are exercising too much.



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Lesson 3 Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH Consuming large amounts of protein and lifting weights are the best ways to increase the size of your muscles and your muscular strength.

FACT Lifting weights is an excellent activity to help you increase the size of your muscles. However, extra protein is not needed in your diet to increase the size of your muscles or your muscular strength.



CHAPTER 6 Maintaining a Healthy Body Weight

Lesson **3** Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH Consuming extra vitamins and minerals will help you feel better and perform better during exercise.

FACT Vitamins and minerals cannot give you extra energy because they do not supply your body with calories. Consuming large amounts can cause health risks.



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Lesson **3** Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH Vegetarianism is much healthier and better for exercise performance than a diet that includes animal sources.

FACT Even though vegetarianism is a healthy choice, those who decide to become vegetarians may not get all the nutrients, vitamins, and minerals they need unless they eat a variety of foods.



CHAPTER 6 Maintaining a Healthy Body Weight

Lesson **3** Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH The best way to control your weight and body composition is by adjusting your exercise levels.

FACT It is healthiest to combine exercise with a healthful eating plan for long-term weight control. ▶

CHAPTER 6 Maintaining a Healthy Body Weight

Lesson **3** Nutrition Myths and Fad Diets

Myths About Nutrition

MYTH It is easy to lose one pound of fat by burning 3,500 calories through exercise.

FACT A reasonable goal is to burn 400-600 calories in an hour by performing moderate-to-vigorous physical activity. ▶

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Myths About Nutrition

MYTH Foods high in sugar, like candy bars and sodas, are good sources for quick energy if eaten 30 minutes before exercise.

FACT The energy you need for exercise comes from pre-event meals you have consumed the day or days before. Foods high in sugar consumed right before exercise can lower your glucose levels and leave you feeling tired.



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Myths About Nutrition

MYTH The best fluid you can drink after exercise to replace fluids you have lost by sweating is water.

FACT Sometimes sports drinks may actually be better than water for fast rehydration.



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Lesson 3 Nutrition Myths and Fad Diets

Fad Diets

Many common misconceptions about nutrition and weight come from **fad diets**.



Term to Know

Fad diets

Weight-loss plans that are popular for only a short-time.

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Lesson 3 Nutrition Myths and Fad Diets

Fad Diets

Be aware of weight-loss plans or products that:

center on eating one food.

claim you can eat whatever you want.

require the purchase of a weight-loss aid.

do not include making changes to behavior and habits.



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Lesson 3 Nutrition Myths and Fad Diets

Fad Diets

Following a high protein diet can have a negative impact on your physical performance. Such diets:

- increase the risk of dehydration.
- increase the risk of calcium loss from bone over time, which can lead to osteoporosis.
- will not provide an adequate amount of carbohydrates, including fiber.



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Lesson 3 Nutrition Myths and Fad Diets

Fad Diets

Science has yet to devise a diet pill that is both safe and effective.



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Fad Diets

Some people try to get all of the appropriate nutrients and vitamins from dietary supplements.

However, a person need a healthful plan to meet the body's demand for nutrients.



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Lesson 3 Nutrition Myths and Fad Diets

1. Vocabulary

What are *fad diets*?

2. Recall

What are the risks of a high-protein diet?

3. Recall

List one myth associated with nutrition and weight control and one associated with nutrition and physical activity.

3. Recall

Answers will vary. One myth associated with nutrition and weight control: it is reasonable to lose 10 to 20 pounds in one week. One myth associated with nutrition and physical activity: consuming extra vitamins and minerals will help you feel better and perform better during exercise.