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about healthful ways to gain or lose weight. Managing Your Weight Main Idea Stay physically active and eat healthful

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foods. If your weight seems to be in a healthy range, then you probably don't need to worry too much about the number of calories you consume. If you want to lose or gain weight, however, you'll need to adjust either the number

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Weight The Calorie Connection Calories are units used to measure the energy in food. If you take in more calories than your body needs, you will gain weight. If you use more calories than you take in, you will lose weight.

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Name: Chapter 11: Managing Weight and Eating Behaviors Lesson 1: Maintaining a Healthy Weight A. The Calorie Connection

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calories than found in food, If you consume are units used to measure the calories than you take in, you will weight. weight. If you use your body needs, you will is called in and those you The balance between the calories you 1. Your Energy Balance from food. down substances and gets -the process by which the body fewer calories than you use every day, you pound of body ...

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BIG Idea Maintaining a healthy weight helps you protect your health and prevent disease. Lesson 2 Body Image and Eating Disorders BIG Idea Poor body image may lead to unhealthful and harmful eating behaviors. Lesson 3 Lifelong Nutrition BIG Idea Nutritional needs will change throughout your life.

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Burning what you consume will keep your weight steady. There are several methods to tell you if you are overweight/fat including your BMI. BMI STEPS. 1-convert your height to inches. 2-divide your weight in pounds by your height in inches. 3-divide the result by your height again, and multiply the result by 703. 4-check out the table on page 293 to see your

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Managing your weight. Calories are not a major factor if weight is within the healthy range. Ways to manage weight include: Target a Healthy weight- Learn the ideal weight range from a health professional. Set realistic goals- eat a consistently healthful diet and exercise regularly. Personalize your plan- incorporate foods you enjoy eating

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Lesson 2 Body Image and Eating Disorders

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