Foundations of Personal Fitness

Chapter 5, Section 2

**What You Will Do**

* Identify influences on amount of
* Analyze the role of energy balance in maintaining body and body .
* Describe the importance of to the energy equation.
* Identify the role of as a method of weight control.
* Calculate the expended during various physical activities.

**Terms to Know**

* calorie intake
* calorie expenditure
* metabolism
* resting metabolic rate (RMR)

**Influences on Body Fat**

is not the only factor that plays a role in body size and shape.

Although you cannot control the number of fat cells in your body, you can control their .

**Lifestyle Behaviors**

is affected by eating patterns and activity level.

By eating healthfully and maintaining an active , you can help control your body composition now and as you get older.

**The Energy Equation**

**To manage your weight and stay healthy, your body needs to maintain an**

**.**

Energy balance is determined by and

.

is an ongoing process that occurs even when you are at rest.

The rate at which your body uses energy varies from person to person and during different physical activities.

Your calorie expenditure is determinedby your **(RMR)**, and how physically active you are each day.

**Factors That Shape Your RMR**

1.

2.

3.

4.

5.

6.

**Weight Control and Physical Activity**

**The number of calories you burn through physical activity will vary because of several factors.**

* The number, size, and weight of body parts that you work
* The of your workout
* The of your activities