Foundations of Personal Fitness

Chapter 5, Section 4

**What You Will Do**

* Identify strategies to weight.
* Explain the role of and physical activity in weight management.
* diet, exercise, physical activity, and a combination of both as methods of weight control.
* consumer issues related to physical fitness such as choosing services for weight management.

**Term to Know**

* nutrient-dense foods

**Maintaining a Healthy Body Composition**

Now that you have learned to measure and evaluate your weight and body composition, you need to learn how to achieve and maintain a healthy weight and body composition.

**Healthful Strategies to Manage Weight**

**These guidelines can help you to improve your eating and manage body weight:**

**1.**

**2.**

**3.**

**4.**

**5.**

**Nutrition and Physical Activity**

**To effectively make changes to your weight and body composition, you need to understand the relationship between:**

* **your eating , and**
* **your of physical activity.**
* **Each can be used to control your and body**
* **The and most effective method to lose or gain weight is to combine:**
  + **a healthful eating plan, and**
  + **a of regular activity or exercise.**

**To lose weight:**

* **Adjust your eating plan by calories and consuming nutrient-dense foods.**
* **calorie expenditure through physical exercise.**

**To gain weight:**

* **Consume *more* while maintaining your physical activity level.**
* **Increase calorie intake by increasing consumption of .**
* **Eat more than the minimum number of servings from each food group.**
* **Follow a supervised -training program.**

**To maintain your weight:**

* **Maintain a eating plan.**
* **Maintain the same amount of intake.**
* **Engage in a level of physical activity.**

**Benefits of Achieving You**

1. **your energy**
2. **Increase your**
3. **your stress levels**
4. **Reduce your risk for developing**