**Foundations of Personal Fitness**

**Chapter 6, Section 1**

**What You Will Do**

* Identify health risks related to and .
* Identify impaired tolerance and its role in diabetes.
* Evaluate the effect of overweight on .

**Terms to Know**

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

**Overweight and Youth**

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

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

**The Effect of Overweight on Health**

 **Being overweight can affect a person’s - and quality of**

**Being excessively overweight is linked with a number of chronic physical**

 **and conditions.**

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

**Overweight people are at a higher risk for**

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

**Another serious condition related to overweight is**

 **(IGT).**

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

**Underweight**

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