**Foundations of Personal Fitness**

**Chapter 6, Section 4**

**What You Will Do**

* **Explain how positive behaviors can lead to healthy**
* **Describe how nutrition and physical activity affect .**
* **Identify the steps in a healthy - .**

**Terms to Know**

* **weight cycling**

**Methods for Weight Control**

**Managing your weight in a healthy way will have a impact on your health and personal fitness.**

**Achieving and Maintaining a Healthful Weight**

**A first step toward making changes that will lead to a more healthful weight is the effect of unhealthful weight gain or loss.**

**Healthy Weight Control**

**After you start a personal weight management plan, it is important to be**

**and so that you can avoid weight cycling.**

**Diet and Physical Activity for Weight Control**

**The following list offers a guide for a plan for managing weight:**

* **Check with your or health-care professional if you are unsure about your weight-loss goals.**
* **If your BMI is too high or too low, have your body composition measured by a health care professional and set a to bring your BMI within the healthy range for your age and gender.**
* **Use the and the for healthy eating.**
* **Adjust calorie intake and energy expenditure, depending upon your needs.**
* **Work 30 to 60 minutes per day or minutes per week of moderate-to-vigorous physical activity.**
* **Allow plenty of time ( weeks) for long-term results.**
* **Retest body composition every months.**
* **Keep a log of your progress and re-evaluate how your plan is working every months.**
* **Reward yourself in a way as you meet your goals.**
* **Continue to make new - weight-loss goals every three months until you achieve your goal.**