

W e i g h t

Many adults and children are (1) _____, some **to the point of obesity**. Obesity is **defined** as weighing 20 percent more than your (2) _____ body weight. Obesity **contributes** to diseases such as heart disease, **high blood pressure**, diabetes, and **gall bladder** disease.

However, body weight is not the **main** problem. The (3) _____ of too much body fat contributes to these diseases. See your doctor for help if you want a measure of your **body fat**.

Losing weight, **especially** fat, is no easy task. **Weight (4)** _____ and gain depend on a **balance** of (5) _____ of calories and **output of energy**. If you take in more calories than you use, you **gain weight**. If you use more calories that you take in, you **lose weight**.

(6) _____ weight changes **reflect** changes in the **levels of fluids** in your body. So if you are watching your weight, **pick** one day and time each week for your **weigh-in**. **Track** your weight loss based on this weekly amount, not on **day-to-day** differences.

Weight loss should always be combined with daily exercise. Any (7) _____, such as walking to the bus, **climbing the stairs**, and cleaning the house, uses calories. *The more active you are, the more calories you use.*

Your **eating habits** should change as you grow older. If a person eats the same number of calories at the ages of 20 and 40 and (8) _____ the same level of **activity**, he or she will be (9) _____ heavier at 40 than at 20. It is important as you grow older to eat foods that **provide your body with essential** (10) _____ but are not high in calories.

- 1) **Weight**
- 2) **Desire**
- 3) **Present**
- 4) **Lose**
- 5) **Take**
- 6) **Day**
- 7) **Activate**
- 8) **Maintenance**
- 9) **Consider**
- 10) **Nutrition**

