

A8 - Ch 12 – Weight Management – Quick LabYour BMI 23.2 Classification

Use text pg 287

Check which classification applies.

- ☒ Normal
☐ Overweight
☐ Obesity I
☐ Obesity II
☐ Extreme

Hip to Waist Ratio

Soft Tape Measure No tape measure? Use a String and Measure with a ruler.

Measure waist with soft tape measure.

Measurement 27.5

Location: smallest waist area *near naval

Measure hip with soft tape measure.

Measurement 34

Location: widest hip area *mid way between top of hip bone and bottom of buttocks

Divide Waist Measurement by Hip Measurement

W to H Ratio .80

Check which classification applies.

Men

- ☐ below .94
☐ above .94 = higher health risk

Women

- ☒ below .82
☐ above .82 = higher health risk

Circle Your Response**True** False

Individuals today are roughly, on average, 26 lbs heavier than we were as a society in the 1950's.

True False

Processed foods are generally energy dense, but not nutrient dense.

True False

Safe recommendations for people trying to lose weight suggest aiming for .5 – 2 pounds per week.

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Siddappa N.Byrareddy



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