

Chapter 10: *Body Composition & Weight Control*

Somatotype – Your body type

1. Endomorph – Large, soft, bulging
2. Mesomorph – Solid, muscular, large boned
3. Ectomorph – Slender, slight build

Body Composition – Muscle, bones & fat

Lean Body Mass – muscle tissue & other non-fat tissue (bones, ligaments, tendons)

Height & Weight Charts :

Misleading – muscle mass weighs more and takes up less space than fat.

Ideal Body Weight: amount you should weigh if you have a appropriate percent of body Fat.

Chart: page 157

Methods of measuring Body Fat:

1. Underwater
2. Skinfold Caliper

Importance of Weight Control:

*** Major problem in the U.S.A.

- ½ of adult overweight
- More youths are heavier than ever before

*** Unhealthy -

- Men 20% shorter life expectancy
- Women 10% shorter life expectancy
- Diabetes, cancer, high blood pressure, heart disease, strokes

*** Keeps you from feeling & performing well.

Stages of Fat Cells Growth:

1. Fetal development
2. 1 year of life
3. Adolescences

*** Limit your Fat Cells Now

- You are increasing the number of fat cells

To reach your ideal body weight – you must balance what you eat (caloric intake) against what your body uses (caloric output)

Calorie: measure of energy the body is able to produce from food

- Each pound of weight = 3,500 calories

Permanent Control Methods of Weight:

1. Diet
2. Exercise
3. Combination of both

*** Exercise speeds up the metabolism, burns calories & decreases body fat!

*** Metabolic rate – total calories burned by body

Long-haul Concept – weight is usually permanent if done gradually

- 1 – 2 pounds per week
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Behavior Modifications:

1. Keep a record
2. Avoid eating while reading or watching TV
3. Don't eat a snack out of a bag
4. Eat Breakfast every day
5. Drink a glass of water before meals
6. Eat slower
- 7.

Eating Disorders:

- Anorexia Nervosa
- Bulimia

Weight Control Misconceptions:

- You can lose fat over the long haul – by exercising regularly
- Spot reduction
- Increases appetite
- Glandular problem