



WEIGHT MANAGEMENT – HEALTHY CALORIE INTAKE – COURSE WORKBOOK



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ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes “20 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

— In addition to the “20 numbered” activity questions” there are external video/article/audio links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

— Webinars/Videos: Pause, rewind, and rewatch.

— Take notes.

— In addition to any questions below, write and discuss what you have learned from each external link.

LESSON 1: CALORIES

1. List 10 fast facts on daily calorie intake.

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2. Explain the recommended daily calorie intake according to the National Health Service.

3. Explain the difference between calories and kilocalories.

4. Explain how to estimate a person's Basal Metabolic Rate (BMR). Make sure to use the Basal Metabolic Rate (BMR) Calculator Link in the Lesson to estimate your BMR.

5. Explain the different daily calorie requirements based on physical activity.

6. Explain what happens to insulin levels after consuming carbohydrates.

LESSON 2: YOUR IDEAL WEIGHT

7. Explain how to estimate a person's Body Mass Index (BMI). Make sure to use the Body Mass Index (BMI) Calculator Link in the Lesson to estimate your BMI.

8. Explain what the problem is with BMI.

9. List 10 fast facts on Body Mass Index (BMI).

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10. Explain Waist-Hip ratio (WHR).

11. Explain Waist-Height ratio (WHR).

12. Explain body fat percentage including what the American Council on Exercise recommends.

13. List 6 benefits of maintaining a healthy weight.

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LESSON 3: WEIGHT LOSS

14. List 10 fast facts (key points) about losing weight.

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15. List 5 reasons why people lose weight.

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16. Explain negative energy balance.

17. Explain the daily recommended calorie consumption for males.

18. Explain the daily recommended calorie consumption for females.

19. List 6 the measures that should be taken to make sure an individual does not put the weight back on according to the National Weight Control Registry (NWCR).

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20. Explain bariatric surgery.

ADDITIONAL EXTERNAL LINKS - VIDEOS/WEBINARS/ARTICLES **MORE COURSE ACTIVITY QUESTIONS**

EXTERNAL VIDEO/ARTICLE LINKS

Assignment: Read, watch, and/or listen.

— From each of the external links below, discuss what you have learned and then expand upon them with reflection.

∞ [How Many Calories Should I Eat in a Day?](#) - Some experts believe that correct calorie counting is an important step in reaching healthy weight loss goals.

∞ [How to Count Calories - Verywell Fit](#)

∞ [How much sugar is in your food and drink?](#) - Medical News Today says being aware of the existing and added sugar content in foods and drinks is vital to overall health.

∞ [How many calories should I eat a day? - Medical News Today](#) - More important than counting calories is to eat a healthful and well-balanced diet that you can sustain long-term, for longer than 6 months. Equally important is to be physically active and to balance the calories consumed with the energy used each day.

∞ [Calorie counting made easy - Harvard Health](#)

∞ [How Many Calories Should You Eat Per Day?](#) - Article / Video (8:23 minutes)

∞ [How Many Calories to Eat in a Day?](#) | Dr. Josh Axe (Video (6:09 minutes) - suggests not counting calories

EXTERNAL VIDEO/ARTICLE LINKS

Assignment: Read, watch, and/or listen.

— From each of the external links below, discuss what you have learned and then expand upon them with reflection. For example, discuss and/or journal about your current healthy eating and fitness habits. Also, discuss and/or journal about your healthy habit goals.

∞ [The Scientific Landscape of Healthy Eating](#)

Note: In this video, the Ted speaker states that bodyweight is very impactful for health and having a healthy weight, and eating healthy food is very important.

He briefly shows a weight chart and does state some high and low numbers.

∞ An accurate weight chart can be found at this link > [Ideal Weight Calculator](#)

∞ An accurate weight chart can be found at this link > [How Much *Should* I Weigh? The Answer's Not That Simple](#). This is a full article as well that provides other about body weight..

∞ [Weight Management & Healthy Living Tips](#) - Article / Video (2:00 minutes)

∞ [Being Healthy Is a Big Deal!](#) - Audio (1:00 minute)

∞ [Sticking With Healthy Habits](#) - Audio (1:00 minute)

∞ [Vitamins and Minerals](#) - Article

∞ [The Importance of Vitamins To Your Body](#) - Article

EXTERNAL VIDEO/ARTICLE LINKS

Assignment: Read, watch, and/or listen.

— From each of the external links below, discuss what you have learned and then expand upon them with reflection.

∞ [How Many Calories Should You Eat Per Day to Lose Weight?](#) - Article

∞ [The 12 Best Weight Loss Tips, According to a Nutritionist](#) - Article / Video (1:53 minutes)

∞ [8 Easy Ways to Stop Weight Gain,](#) - Article Video (:50 seconds)

∞ [How Stress Can Cause Weight Gain and How to Break the Cycle](#) - Article / Video (2:04 minutes)

∞ [How Long Does It Take to Notice Weight Loss?](#) - Article / Video (1:45 minutes)

∞ [Climbing Steps to a Healthier You](#) - Audio (1:00 minute)

∞ [Two Keys to Losing Weight and Keeping it Off](#) - Audio (1:00 minute)

∞ [Sleeping Your Way to a Healthy Weight](#) - Audio (1:00 minute)

∞ [Why More Sleep Can Help You Lose Weight - Verywell Health](#) - Article

∞ [10 Ways to Lose 2 Pounds a Week](#) - Article

—- Plus a Video in this article How to Cut Soda and Cut Calories - Video (1:38 minutes) - Note they do suggest swamping for juice. Because juice does have sugar tea and water are healthy options. The other option is to have mostly water and a very small amount of juice.

- [Get Started on Dr. Sinatra's Weight-loss Program](#) - Video (7:23 minutes)



