



Health Virtual Learning

Chapter 4.3 Treatment and Prevention of Weight Problems

Truman High School

4/23/2020



Lesson: 4/23/2020

Objective/Learning Target:

1. Summarize healthy weight-loss strategies.
2. Recognize unhealthy weight-loss strategies.
3. Recall strategies for healthy weight gain.

Healthy Eating Habits

Adults who are overweight were often overweight as Children.

What can you do to help the children in your life develop healthy eating habits?



Strategies for Healthy Weight Loss

- To maintain your current weight, you must balance calories consumed with calories used
- Weight loss occurs when you eat fewer calories than are needed for physical activity



Realistic Goals

- Set realistic, short-term goals regarding eating and exercise
- Focus on gradual weight loss of one to two pounds a week
- Monitor exactly when and what you eat to help reach your goals



Think further...

A food diary is a record of what a person eats each day.

Why do you think keeping track of what you eat is so important to weight management?

How might keeping track of where you eat also be helpful?



Limit Screen Time

- People who spend many hours watching TV or playing video games are more likely to be overweight or obese
- Watching TV also increases exposure to commercials for unhealthy foods and beverages



Changing your Thoughts

- Try to change your negative thoughts about eating and weight
- An “all-or-nothing” mindset about eating can undermine weight-loss efforts
- Forgive brief lapses and return to your new healthy habits

Think Further...

Changing eating and exercise behaviors is difficult, so it is helpful to have support from those around you.

What are some ways that your family or friends can support your weight loss or healthy eating efforts?



Unhealthy Weight Loss Strategies

- Weight-loss programs are generally unsuccessful
- Most people who participate in these programs regain about one-third of any weight loss within one year
- They return to their initial weight within three to five years



Fad Diets

- Weight-loss methods that are extremely popular for a certain time period
- May focus on one food
- Often unhealthy
- Typically do not produce lasting weight-loss results



Drugs

- Appetite suppressants and diuretics may lead to short-term weight loss
- Dietary and herbal supplements can have serious side effects

Healthy Strategies for Gaining Weight

- Healthy weight-gain strategies should focus on nutrient-dense foods
- People who are underweight need to monitor their eating
- They can also benefit from the social support of others

