**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Look at the Power Point on Chapters 5 and 6. Then answer the following questions.

Chapter 5

1. Define Overweight:
2. Define over fat:
3. What percentage of body fat is considered over fat?

Males:

Females:

1. Define Obese:
2. What percentage of body fat is considered obese?

Males:

Females:

1. Define Ideal Body Weight:
2. What percentage of body fat is considered ideal body weight?

Males:

Females:

1. List the 3 different somatotype (body types):

1.

2.

3.

1. Describe ectomorph:
2. Describe mesomorph:
3. Describe endomorph:
4. List 5 health related problems for excess fat:

1.

2.

3.

4.

5.

1. List 3 things that cause over fat and overweight:

1.

2.

3.

Chapter 6

1. List 3 things exercise can do for you:

1.

2.

3.

1. What is the best strategy for a lifetime of weight control?
2. What is a fad diet?
3. Describe 2 myths about weight control:

1.

2.

1. Define anorexia nervosa:
2. Define bulimia: