

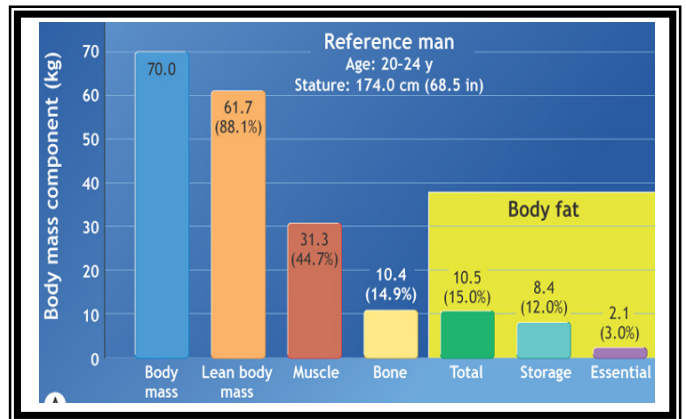
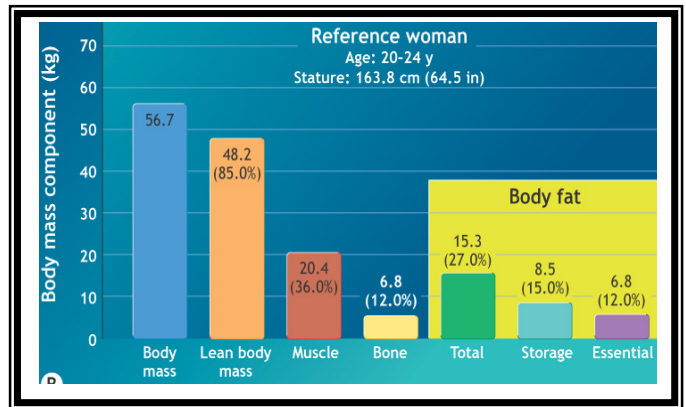
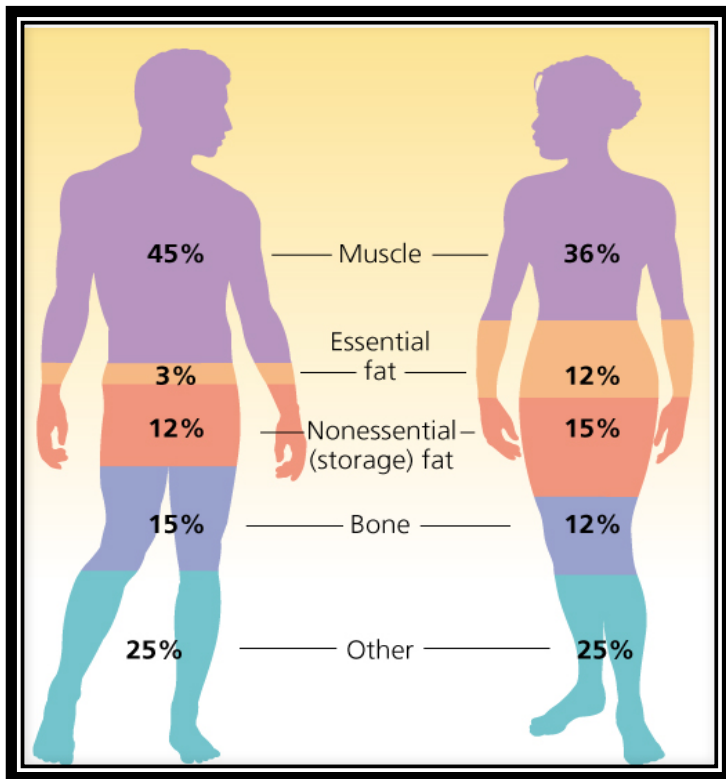
Body Composition

I. What Is Body Composition?

- Body composition = _____
(bone, water, muscle, connective and organ tissues, teeth)
- Essential fat = _____

- Nonessential fat = _____

II. Typical Body Composition

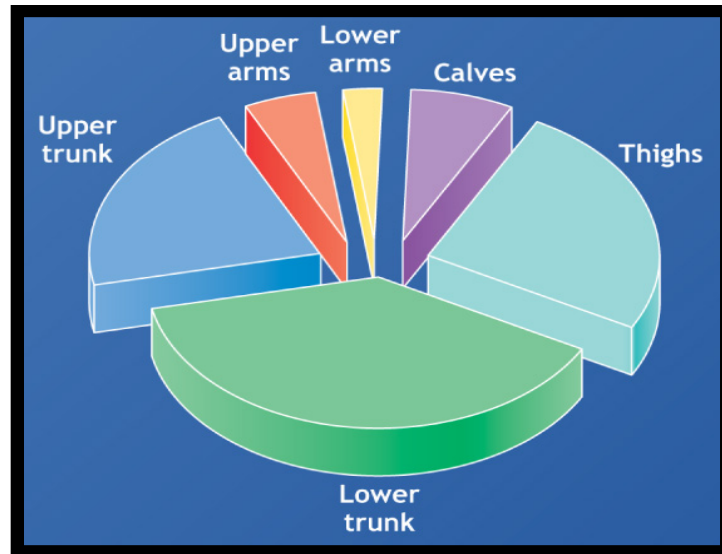


III. Sex Differences in Storage Fat

Storage _____ accumulates mainly in _____.

This fat depot includes _____ fatty tissues and _____ tissue _____ the skin's surface called _____ fat.

IV. Distribution of Adipose Tissue

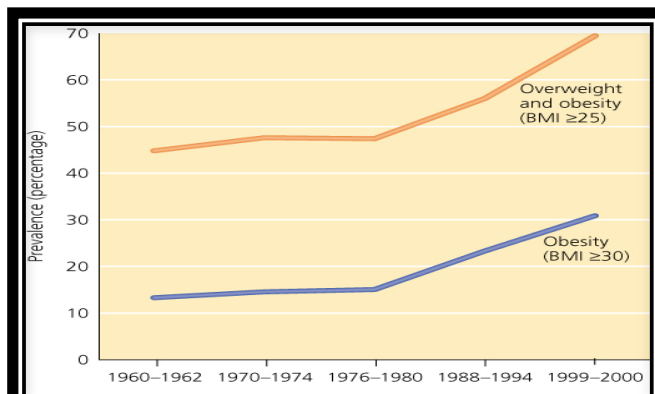


V. Overweight and Obesity

- The most important consideration in evaluating body weight and composition is the _____ (percent body fat)
- Overweight = _____
- Obesity = _____; _____

VI. Prevalence of Overweight and Obesity

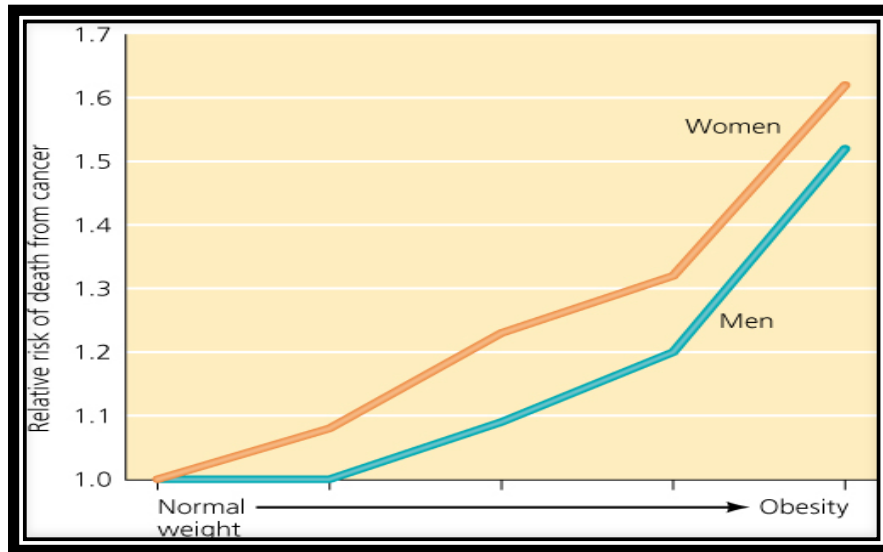
- Obesity Trends* Among U.S. Adults 1990



VII. Excess Body Fat and Wellness

- Increased risk of chronic disease and premature death; associated health problems include:

VIII. Body Composition and Cancer Mortality



IX. Body Composition and Diabetes

- _____
- _____

X. Problems Associated with Very Low Levels of Body Fat

- Too little body fat is associated with _____, _____, and _____.
- _____
- _____

XI. Body Mass Index

- A _____ assessment based on the concept that a person's weight should be _____ to _____.
- Body weight in _____ is _____ by the square of height in _____.
- Elevated BMI is linked to increased risk of _____, especially if associated with _____.
- _____

XII. Estimating Percent Body Fat

- _____: Folds of skin are measured with a caliper. The measurements are used in equations that link the thickness of skinfolds to percent body fat calculations made from more precise experiments.
- _____: An individual is submerged and weighed under water. Percentages of fat and fat-free weight are calculated from body density.
- _____: The amount of air displaced by a person in a small chamber is measured by computerized sensors.
- _____: A small electrical current is sent through the body, and the resistance of the body to it is recorded. The resulting estimates of how much water is in the body can be used to determine body composition.

XIII. Assessing Body Fat Distribution

- Disease risk increases with total waist measurement of more than:

- _____
- _____

- Disease risk increases with total waist-to-hip measurement above:

- _____
- _____

XIV. Setting Body Composition Goals

- _____

- _____

- _____

XV. Making Changes in Body Composition

- Lifestyle should focus on:

- _____
- _____