

## Chapter Nine Summary

### *Managing Your Weight*

#### Causes of Overweight and Overfat

- Heredity and Environment
- Childhood Obesity
- Inactivity
- High Fat Diet
- Medical Problems
- Creeping Obesity

#### Exercise as a Method of Weight Control

Exercise plays an important role in your effort to regulate weight.

Although any increased activity will burn calories, the most effective exercises for weight loss are those that also contribute to your cardiorespiratory fitness.

#### Combining Exercise and Diet Plan

The best strategy for a lifetime of successful weight control is a sound, nutritious diet combined with regular, vigorous exercise.

#### Summary

Weight control is a problem you may encounter at some time in your life. By establishing sound eating habits, you can gain control of your weight now and for the future.

Begin by understanding your body composition and knowing whether you are overweight, overfat or at your optimal weight and fat level.

There are many health dangers associated with being obese or overfat. The major cause of overweight is inactivity.

You can use the basic rule in regard to balancing your calorie intake with your calorie expenditure (what you burn) to control your weight at an optimal level.

While exercise and certain diet plans can contribute to weight loss, the most effective method is a combination of exercise and sensible diet adjustment. You must avoid fad diets, fasting, diet aids and other gimmicks that are ineffective and can be dangerous.