

## Maintaining a Healthy Weight

1. Why do people have different body shapes and sizes?

---

---

2. Define and explain set-point theory.

---

---

3. Complete the chart after examining the various methods of assessing a person's weight and health risk.

Name of Tool	Brief Description of Process	What the Results Mean	Process/ Limitations
Body Mass Index			
Waist Circumference			
Waist-Hip Ratio			
Body-Fat Percentage			
Growth Charts			

4. Identify the differences and health risks associated with people who are pear-shaped compared to those who are apple-shaped.

---

---

---

---