

11 Learn How to Maintain Your Weight

TRANSITION OBJECTIVE

Students will learn how to keep a healthy weight level and avoid fad diets.

RELEVANCE TO SUCCESSFUL TRANSITION

Young people can become so focused on their appearance that they will make unhealthy choices about nutrition. Advertisements can be persuasive in promoting diets and in encouraging the use of unhealthy foods. Students need to be knowledgeable about their ideal weight ranges and the nutritional effect of unhealthy foods and fad dieting.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

Dieting can . . .

❑ STEP 2: Convene Roundtable

"When I don't like my weight I feel ____."

❑ STEP 3: Advance Organizer

"Today you will determine your body weight and why it is important to your health to maintain it."

❑ STEP 4: Activity - 20 Minutes

"It is important to look at calories and fat in foods that we eat. One of the main reasons people gain too much weight is because nowadays they eat more calories and fat than their body can use in one day." Ask students to give some reasons for maintaining a good body weight, such as to look and feel good, have energy, wear clothes that fit well, make a good impression on an interview and feel energetic at work.

Have students take turns reading the facts from the handout **Weight for the Facts**. Point out the dangers of being over and underweight. Discuss the dangers of trying to lose weight with fad diets, such as special drinks, diet pills or fasting. Ask if anyone knows of a diet that has been in the news as a danger or has been discouraged by the National Food and Drug Commission. Also, remind students that it is important to be under the advice of a physician when significantly changing your diet, especially when you are young, pregnant or are taking medication.

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LIFE MANAGEMENT: Unit 1

LESSON 11

Weight for the Facts

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake."
-Former First Lady Michelle Obama of the Let's Move! launch on February 9, 2010

According to the Centers for Disease Control and Prevention, 2011:

- Nearly 33% of adolescents ages 10-17 are overweight and over 18% are considered obese.
- Obese children and teens have been found to have risk factors for:
 - Heart disease including high cholesterol, high blood pressure
 - Type 2 diabetes
 - Asthma
 - Sleep Apnea
 - Social discrimination
- Many obese children and teens are more likely to become obese as adults.
- Teens need at least 60 minutes of physical activity daily including brisk walking or running.
- Daily participation in PE class for teens has dropped to 28% (only one fourth are physically active).
- Gradual and steady weight loss (about 1-2 pounds per week) is best.
- Even a small weight loss (5-10% of body weight) can produce health benefits such as lowering blood pressure and increasing energy.
- Only long-term lifestyle changes such as choosing healthy foods and exercising regularly will help with long-term weight loss.

Talk with a partner to answer these questions:

1. Why is it important to maintain a healthy body weight?
2. Why are so many American teens overweight?
3. What do we need to do to have a healthy body weight?

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LIFE MANAGEMENT: Unit 1 LESSON 11

Weight Chart

The following chart shows the recommended weight for adults up to 25 years old. Look at the size of your bone structure when finding the right weight for you. People with small bones should choose the minimum weight. Those with larger bones should choose a weight closer to the maximum.

To determine your bone size, measure your wrist using the thumb and fingers of the opposite hand. If you can reach around your wrist with your thumb and little finger, you are small-boned. If you need to use your middle finger to reach around your wrist, you are large-boned. If you can reach around your wrist with your first or fourth finger and thumb, you are medium-boned.

Height in inches	Minimum weight for all adults	Maximum weight up to 25 years old
56	89	102
57	92	106
58	95	110
59	99	114
60	102	118
61	106	121
62	109	125
63	113	130
64	116	134
65	120	138
66	124	142
67	127	147
68	131	151
69	135	155
70	139	160
71	143	165
72	147	169
73	151	174
74	155	179
75	160	184
76	164	189
77	168	194

Note: Ideal weight varies among various formulas used. This chart is based on averages for men and women.

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chart. Talk about how ideal weight changes with our activity level and the type of body we have. Point out that an inactive person will need less calories and that an active person can consume more calories in one day.

□ STEP 6: Evaluate Outcomes

It is best to stay at an average weight because “_____.”

□ STEP 7: Connecting Activity

Using common newsstand magazines or online resources students read and report on articles about weight, diet, exercise and nutrition.

□ STEP 5: Activity - 25 Minutes

Using the **Weight Chart** assist students in locating their ideal weight according to the

KEY WORDS

weight

fad diet

nutrition

MATERIALS AND PREPARATION

- Student Handouts: **Weight for the Facts**, page 33; **Weight Chart**, page 34.
- Prepare to discuss facts about maintaining the right weight.
- Prepare to use the height and weight chart.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Listening
- Thinking Skills: Decision Making, Visualizing, Reasoning
- Personal Qualities: Self-Esteem, Self-Management