

## Weight Loss

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### Assessment 13

Total Marks 30

Q.1. Multiple Choice Questions: (05)

- i. If we reduce our daily energy intake to around 500 calories below our energy requirement, we can lose about;
  - a)1 kg a week
  - b)0.5 kg a week
  - c)0.2 kg a week
  
- ii. The term 'basal metabolic rate' refers to the energy (calories) we use during the day to;
  - a)do physical activity
  - b)keep our body functioning
  - c)perform daily life activities
  
- iii. Resting metabolic Rate or RMR expands about;
  - a)70% of our total energy consumed
  - b)20% of our total energy consumed
  - c)10% of our total energy consumed
  
- iv. Stress and anxiety can cause;
  - a)increase the energy expenditure
  - b)decrease the energy expenditure
  - c)energy expenditure is not affected by stress and anxiety
  
- v. Sensible weight loss for a healthy adult should start with a;
  - a)500 reduced calories a day
  - b)1000 reduced calories a day
  - c)1500 reduced calories a day

Q.2. Short Questions: (18)

- i. 'Motivation is one of the most important factors in weight loss'. Discuss.
- ii. 'Setting goals is very important in weight loss programme'. Why?
- iii. Once a person has lost weight, how can he maintain it for long term?

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- iv. How important it is to know the total calorie intake required for the person before devising any weight loss plan for him?
- v. 'Extra weight speeds up the metabolism'. Discuss
- vi. Design a weight loss

### Case study

(7)

Brandon is 32 year old man. He thinks that he is overweight and he should reduce some weight. He is not very active and does not take any exercise at present. He is 6 ft and 3in tall (191cm) and his weight is 140 kg (309 IB).

- 1) Calculate Brandon's BMI?
- 2) Design a weight loss programme for Brandon, so that Brandon could reduce 0.5 kg or 1pound a week. According to this programme, he should be taking 300 less calories a day than his body requirement and he should further burn 200 calories through physical activity. The programme should be based on a balanced diet.