

## Weight Loss

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### Assessment 06

**Total Marks 30**

1. 'Motivation is one of the most important factors in weight loss'. Discuss. **10**
2. How important it is to know the total calorie intake required for the person before devising any weight loss plan for him? **10**

### Case study

**10**

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.

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