

# Weight Control

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## Assessment 07

**Total Marks 30**

1. What is body mass index? And how it is calculated? **6**
2. Why healthy weight is important for us? **6**
3. What is Resting Metabolic Rate or RMR? **7**
4. What is Thermal Effect of Food or TEF? **5**
5. Why is it important to balance physical activity (calories out) with food intake (calories in)? **6**