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Fitness for Life

Chapter 13 – Chapter review

1. An eating disorder characterized by bingeing and purging is called bulimia.
2. The minimum amount of body fat needed for good health is essential Body fat.
3. Your basal metabolic rate is the amount of energy your body uses at complete rest.
4. A term used to describe a person who is very overfat is obese.
5. People with Anorexia Nervosa see themselves as too fat even when they are extremely thin.
6. A technique for assessing body fat levels that involves being weighed under water is called DEXA.

Next to each number, write the letter of the best answer.

- | | | |
|-----------------------|---|--|
| 7. overfat | b | |
| 8. skinfolds | a | a fat under the skin |
| 9. anorexia athletica | d | b too much body fat |
| 10. underfat | f | c all the tissues that make up your body |
| 11. caliper | e | d eating disorder most common among athletes |
| 12. body composition | c | e used for skinfold measurements |
| | | f too little body fat |

13. Explain why maintaining essential body fat levels is important for good health.
Healthy, insulator, stores energy
14. Describe one myth about fat loss and explain how it is incorrect or misleading.
Exercise doesn't help because one gets hungry and wants to eat more.
15. Why is a combination of diet and physical activity best for maintaining ideal levels of body fat?
Most effective