

12. What causes us to gain weight and lose weight?

13. What type of health problems could occur from being overweight?

a.

b.

c.

d.

14. What does it mean to be overweight?

15. What does it mean to be obese?

MAINTAINING A HEALTHY WEIGHT:

16. What are the 2 things that determine our weight?

a.

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b.

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17. What can you do to maintain a healthy weight?