

18. What is body composition?

19. How do we measure our body composition?

20. What is Body Mass Index?

21. What is a weight management plan?

22. Why is it not good to lose weight too fast?

23. What is the recommended amount you should lose?

24. Instead of diets what should we aim for? Why?

25. If you are underweight, what is the healthiest way to put weight on?

26. What is a fad diet?

27. What are the 5 most common forms of fad diets?

a.

b.