**Eating and Exercise Homework**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is BMI (Body Mass Index) and what does it depend on?
2. What does it mean if it’s high or low?
3. What is percent body fat?
4. What does it mean if it’s too high or too low?
5. What can a person do to lose weight?
6. If a person eats the same amount of calories and exercises the same but changes what they eat can they gain or lose weight? For example what if they eat more protein and less carbs (same calories)? Or what if they eat all sugar and fat (same calories)?
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