

# 14. Small decisions

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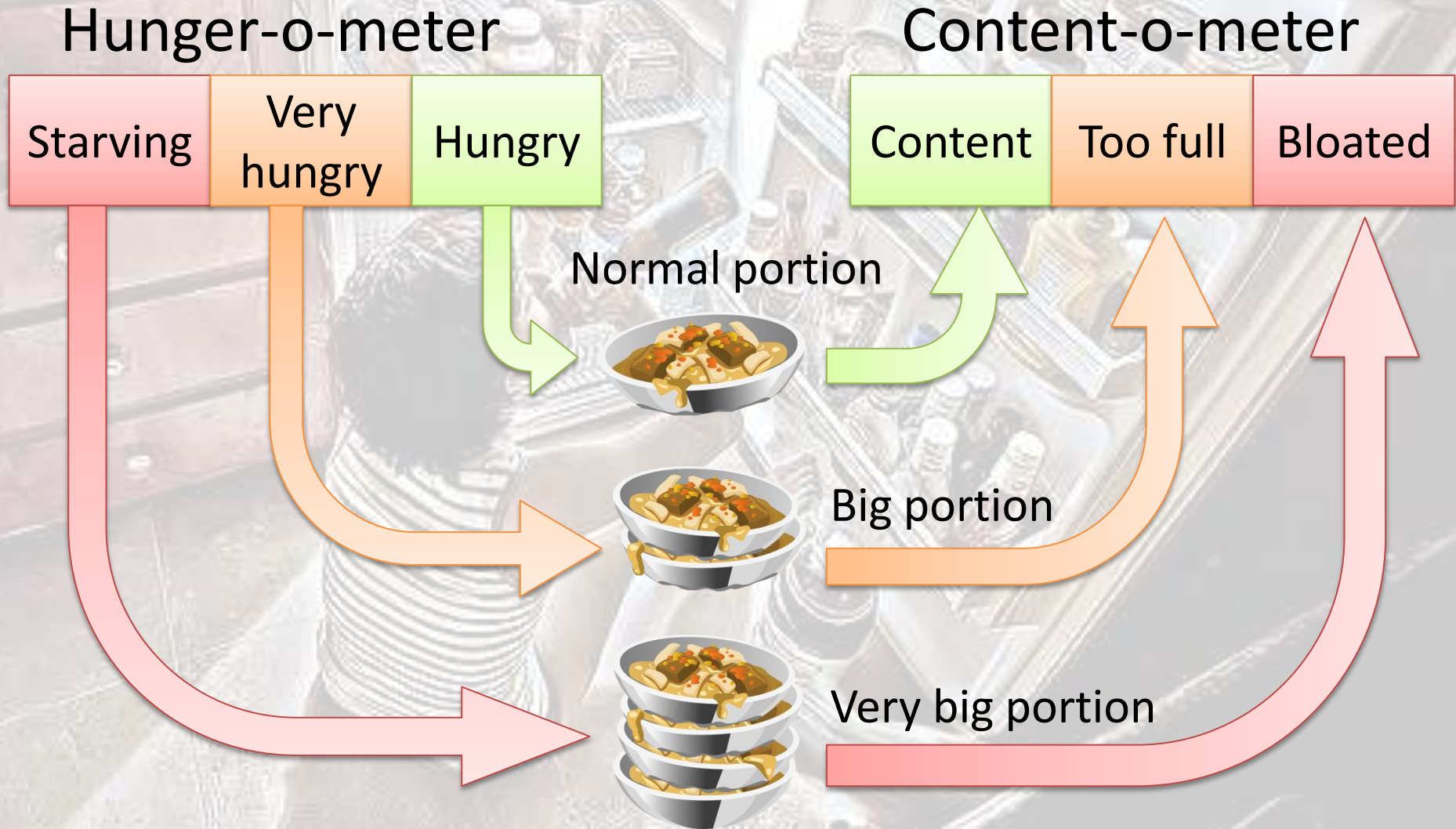


# What is normal weight?

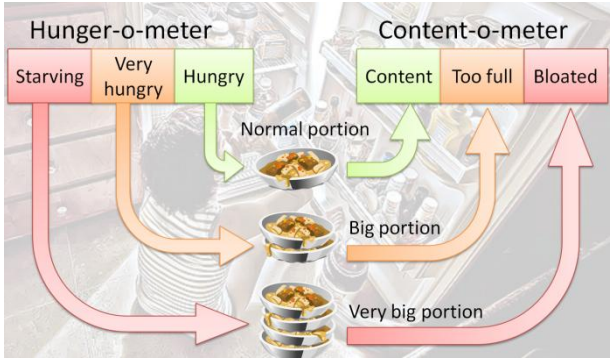
- Your body build is unique; some are slender, some burly, some are tall and some are short
- ➡ There isn't such a thing as ideal body, even though such thing seems to exist in the media
- In medicine **normal weight** is: *“the weight range that causes the least health problems for an individual and lowest relative mortality in society”*



# Hunger affects the meal portions



# Healthy lifestyle eases weight control

	Remember these	Explanation
<b>Food</b>	<ul style="list-style-type: none"> <li>• Regular mealtimes</li> <li>• Lots of vegetables and full-corn products</li> <li>• Treat yourself with berries and fruits</li> <li>• Drink water when thirsty</li> </ul>	 <p>The diagram illustrates two scales: the 'Hunger-o-meter' and the 'Content-o-meter'. The Hunger-o-meter has three levels: 'Starving' (red), 'Very hungry' (orange), and 'Hungry' (green). The Content-o-meter has three levels: 'Content' (green), 'Too full' (orange), and 'Bloated' (red). Arrows show the progression: a 'Normal portion' (green arrow) leads from 'Hungry' to 'Content'; a 'Big portion' (orange arrow) leads from 'Very hungry' to 'Too full'; and a 'Very big portion' (red arrow) leads from 'Starving' to 'Bloated'. The background shows a person's stomach with these scales overlaid.</p>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>• Favor active commuting (bicycling, walking, stairs)</li> <li>• Hobbies</li> </ul>	<ul style="list-style-type: none"> <li>• Even 10 mins of exercise improves metabolism and moderates blood sugar levels -&gt; eases hunger</li> </ul>
<b>Rest</b>	<ul style="list-style-type: none"> <li>• Make relaxation a habit</li> <li>• Sleep enough</li> </ul>	<ul style="list-style-type: none"> <li>• Stress makes you hungry and you eat more easily fast and easy food</li> <li>• When tired you eat more and exercise less -&gt; weakens metabolism</li> </ul>
<b>Leisure</b>	<ul style="list-style-type: none"> <li>• Pleasant hobbies</li> <li>• Friendships and time together</li> <li>• Non-smoking</li> </ul>	<ul style="list-style-type: none"> <li>• Hobbies keep you amused -&gt; less time to think of eating</li> <li>• Sharing thoughts and emotions means you don't have to eat to comfort yourself</li> </ul>



# Over- and underweight is a health risk

- Underweight causes fatigue and compromises your immune system
- Excessive body weight strains your back and lower limb joints, causes poor posture and encumbers your cardiovascular system
- Obesity is associated with diabetes mellitus type 2, obstructive sleep apnea, certain types of cancer, osteoarthritis(nivelrikko) and asthma

# Homework...

- Find weight-loss product or an advertisement or commercial that advocates/tries to sell weight-loss product
- Bring with you to the next class

