

Weight Management

– Caloric needs

- Vary by age, sex, height, weight, activity level, & basal metabolic rate (BMR)
- Average (men = 2500 kcal, women = 2000 kcal)

– Regular physical activity

– Dietary guidelines

Obesity Trends* Among U.S. Adults

BRFSS, 1990, 1995, 2005

(* BMI ≥ 30 , or about 30 lbs overweight for 5'4" person)

