



# Maximizing the Benefits of Food and Activity

## Case Study #6:

Ethan is concerned about his looks. He thinks he needs to lose weight. His body is stocky and it seems easy for him to gain weight. He doesn't think he eats too much, but no matter what he eats he gains weight. He's cut way back on fries and soda, but he hasn't given up his cookies before bed. He loves to play video games and spends several hours a day in front of the computer. He's tried to lift weights to see if he would be happier with how his body looked. He lifted weights every day for two weeks, but nothing changed. He's been looking at magazines that suggest ways to lose weight fast. He's thinking about trying one of the medications or maybe just not eating breakfast and lunch. Then, he can eat dinner and snacks at night.

Ethan is 5' 11" tall, weighs 210 pounds, and is 16 years old.

What nutrition recommendations do you have for Ethan?

What physical activity recommendations do you have for Ethan?

List your sources of information and your rationale in this chart.

<b>Source of Information</b> <ul style="list-style-type: none"> <li>• Website, include the address and sponsoring organization or individual</li> <li>• Print Materials, include title and date of resource and author's name</li> <li>• Community Resource, include name of organization or individual and qualifications</li> </ul>	<b>Rationale for Reliability</b>

What could happen if he used unreliable information?