Use with Chapter 20

Activity 110

## A Balancing Act

**Directions:** Complete the concept map on weight management. Use terms and phrases from your textbook.

To maintain a healthy weight,

- balance the calories you get from \_\_\_\_\_ with calories you
- eat a(n) \_\_\_\_\_
- limit the amount of \_\_\_\_\_ you eat.
- avoid a(n) \_\_\_\_\_ that promises quick weight loss.

Weight Management

Make exercise a regular part of your life, because exercise

- burns \_\_\_\_\_
- helps the \_\_\_\_\_ work better.
- tones \_\_\_\_\_
- helps control \_\_\_\_\_\_.
- relieves \_\_\_\_\_