Week 5: Healthy at Every Size Lab

SCI-228 Nutrition, Health, and Wellness

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By: Student Name

Date:

Part 1: Define BMI

Body Mass Index or BMI for short, is a person's weight in kilograms or pounds divided by the square of height in meters or feet. The formula for BMI is weight (KG) / [height(m)]² or weight (LB) / [heigh(in)]²x703. Body mass index measures the amount of fat a person has. It measures the amount of extra weight a person has rather than the actual amount of fat. Body Mass Index has generally four categories, but in some instances there are also six categories. The four main categories are Underweight, if your BMI is less than 18.5, Healthy weight, if your BMI is between 18.5 and 25, Overweight, if your BMI is between 25 and 30, and lastly Obese, if BMI is 30 or higher.

Part 2: Calculate BMI

To calculate BMI, take your weight, in pounds or kilograms, divide it by your height squared either in inches or meters, but if your doing pounds and inches, multiply that by 703.

BMI = 120KG/1.68M² that equals BMI to be at 42.5. I calculated my own BMI to see where my body is on the BMI scale. According to this BMI, I am obese.

Part 3: Compare/Contrast BMI and Individual Plan

1. According to the standard tables, I am considered obese.

2. Develop a dietary plan for the BMI value calculated above, for two different senarios.
    i. Intuitive Eating Approach
        1. Breakfast: Coffee with cream and sweetener and scrambled eggs
        2. Snack: Walnuts and fruit
        3. Lunch: Chicken Fettuccini Alfredo with a side Cesar Salad
        4. Snack: Banana
        5. Dinner: Pizza with veggie sticks
    ii. The food consumed is paired with a healthy side. The rationale for this is to make sure I get a proper serving of fruit and vegetables for the day.

Using number 1, 3, and 4 on the Intuitive Eating Approach to guide my mind and body into eating at a pace that I feel comfortable with.

    b. Calorie-Focused Approach

i. Total Calories: 1485

    ii. Carbohydrates: 73.7g

    iii. Fat: 719g

    iv. Protein: 141.8g

        1. Breakfast: 449 Calories

           a. Scrambled Eggs with Spinach and Parmesan

           b. Sweet Cottage Cheese and Blueberries

        2. Lunch: 450 Calories

           a. Roast Beef and Cheddar Sandwich

        3. Dinner: 587 Calories

           a. Simple Steak

           b. Sea Salt Edamame

    v. My total daily energy expenditure to maintain a weight of 120 kilograms is 2331 calories. To lose weight, it's recommended to decrease the calories by 500 per day to 1831 calories. I chose to go lower and be around 1500 calories. I personally know that if I eat 1800 calories then I will not lose weight. I also chose to eat less carbs and a higher percentage of protein and fat.

    c. I used the website eatthismuch.com to find meals and recipes in line with my macronutrients.
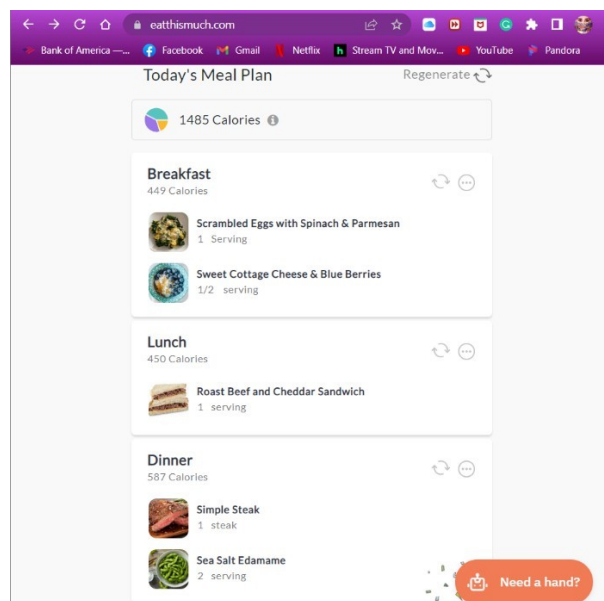
3. Develop an exercise plan for the BMI calculated above.

Day	Exercise	Time	Type
Sunday	HIIT Workout	30 Minutes	Fat-Burning
Monday	Rest	Rest	Rest
Tuesday	Dancing	30 Minutes	Endurance
Wednesday	Walk/Jog	60 Minutes	Cardiovascular
Thursday	Weightlifting	30 Minutes	Strength Training
Friday	Rest	Rest	Rest
Saturday	Walk/Jog	60 Minutes	Cardiovascular

   a. The exercises that I have chosen are workouts that can be easily done at home with little to no equipment. Each day is focused on a different type of exercise to target the full body rather than one part of the body. There are also two days for rest because if there are no rest days then there is high chance that the body will burnout. If I wanted, I can do low impact exercises like going for a slow walk around my neighborhood, but other than that Monday and Friday are for my body to recuperate.

Part 4: Summary

　　BMI and healthy at every size conflict with each other because BMI assumes that if you're at a specific category then you are either healthy or not. BMI is inaccurate and misleading. Just because I have a high BMI does not mean that my body isn't healthy. I eat a very healthy diet and I am constantly running around my son staying active. BMI doesn't count the muscle mass a person has or bone density. It only looks at height, weight, and age. I have no major health problems that BMI assumes I must have because of my weight. In my opinion, BMI is a very judgmental tool used by doctors to judge a person.

Citation:

C, D C. "About Adult BMI." *Centers for Disease Control and Prevention*, Centers for Disease
      Control and Prevention, 3 June 2022,
      https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

Staff, Editorial. "What, Exactly, Is BMI?" *Tufts Health & Nutrition Letter*, 25 June
      2021, https://www.nutritionletter.tufts.edu/healthy-eating/what-exactly-is-bmi/.