

Fitness and Health

Athletes must maintain correct weight in order to be good at their sport. This usually means that they keep their body fat low and often work hard at increasing body mass. Athletes look closely at their caloric intake and fat needs before they plan healthy meals.



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Go to <http://www.phys.com> to answer these questions about your fitness and health.

1. According to this site, what is your **IDEAL WEIGHT**?

2. What is your **BODY FAT PERCENTAGE**?

3. What is your **BODY MASS**?

4. According to this site, how many **CALORIES** should you have a day? _____

5. **CALCULATE YOUR FAT NEEDS:**

- a. Maximum of _____ calories worth of fat per day.
- b. No more than _____ grams of fat total.
- c. No more than _____ grams in the form of saturated fat.

6. **PLANNING MEALS**

Use various Internet sites to plan three healthy meals you would enjoy eating. Be sure to follow the dietary guidelines and stay within your calorie and fat allotments.

Check out some of the sample menus available on this site before you create your own.

Meal	Food Items	Calories	Fat Grams	Calories from Fat
Breakfast				
1.				
2.				
3.				