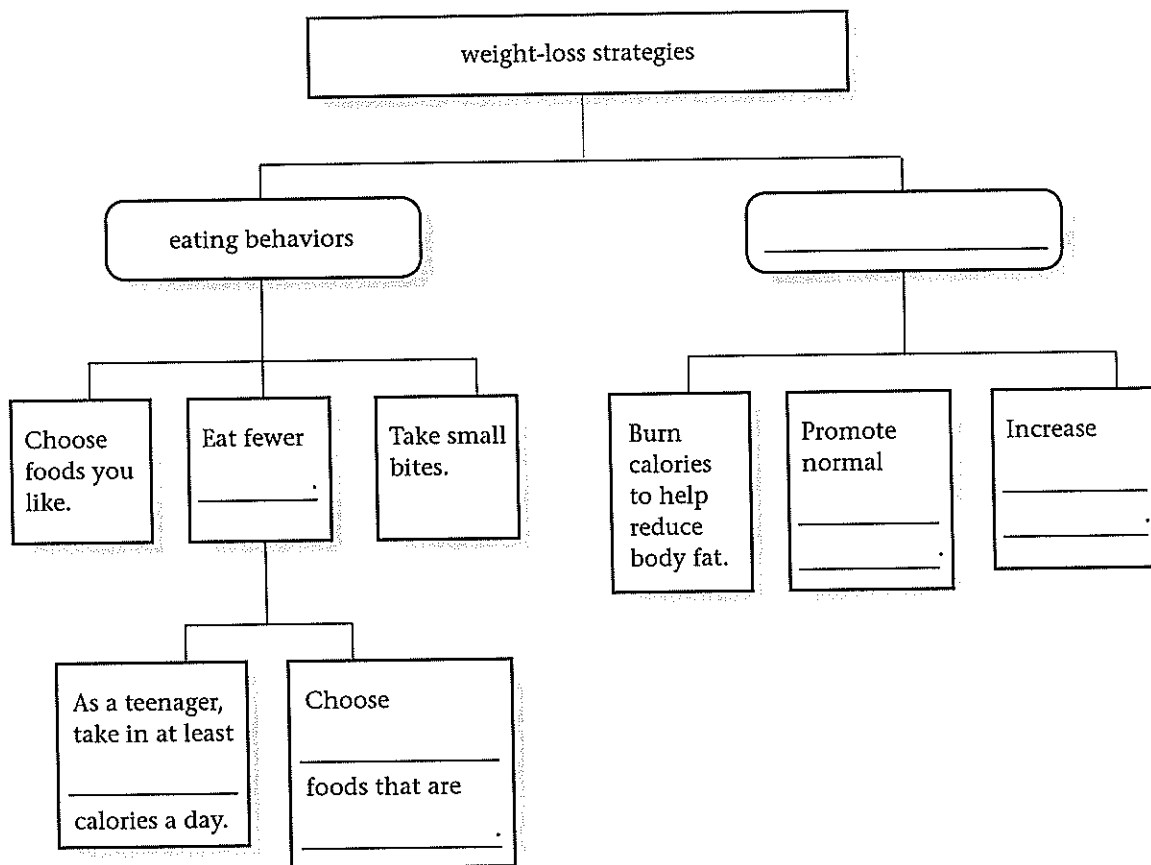


# ACTIVITY 17 Concept Map

FOR USE WITH CHAPTER 6, LESSON 1

## Managing Your Weight

**Directions** ➤ Complete the concept map on the features of a healthy weight-loss strategy. Use the following terms or phrases: *nutrient-dense, appetite response, calories, exercise, low-calorie, metabolic rate, and 1400–1600.*



What two courses of action will result in weight loss?

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