



Fitness Expert Explains Why Weight Loss Stalls

Description

You are eating healthy foods and exercising regularly, but your weight is not changing. This can be frustrating when you are trying to lose weight. Understanding why this happens can help you make progress.

Raj Ganpath, a well-known fitness coach from Chennai, explains in a video three reasons why this may occur. He says that even with consistent effort, these reasons can stop weight loss.

One reason is not maintaining a steady calorie deficit. This means you need to consume fewer calories than you burn. Raj points out that while you may have days when you eat less and move more, on other days, you might eat more than necessary. These ups and downs cancel each other out, resulting in no change on the scale.

Another reason is having a low Basal Metabolic Rate (BMR). BMR is the number of calories your body needs to function at rest. Eating too little, not sleeping well, or lacking strength training can slow your metabolism. Also, conditions like thyroid problems or menopause can affect it. Improving your BMR can support weight loss.

Lastly, merely eating healthy foods is not always enough. Raj notes that portion control and a calorie deficit are still necessary. Even nutritious foods can hinder weight loss if eaten in large amounts. He advises focusing on eating the right amount of healthy foods for effective weight loss.

Vocabulary List:

1. **deficit** //ˈdɛfəsaɪt// (noun): an amount that is less than needed
2. **consume** //kən'su:m// (verb): to eat or drink something for energy
3. **metabolism** //mə'tæbəlɪzəm// (noun): the body processes that make or use energy
4. **portion** //ˈpɔ:ʃən// (noun): an amount of food for one serving
5. **consistent** //kən'sɪstənt// (adjective): happening in the same way over time
6. **hinder** //ˈhɪndər// (verb): to slow or make progress more difficult

Comprehension Questions

Multiple Choice



1. What does BMR stand for?
 - Option: Base Metabolic Rate
 - Option: Basal Metabolic Rate
 - Option: Basic Metabolic Ratio
 - Option: Body Metabolic Rate

2. Who is Raj Ganpath?
 - Option: A nutritionist
 - Option: A fitness coach
 - Option: A doctor
 - Option: A chef

3. What is one reason why weight loss may not occur despite healthy eating?
 - Option: High caloric intake
 - Option: Too much sleep
 - Option: High BMR
 - Option: Consistent exercise

4. What can affect Basal Metabolic Rate (BMR)?
 - Option: Only diet
 - Option: Strength training
 - Option: Caloric deficit
 - Option: Neither diet nor exercise

5. What is necessary for effective weight loss according to Raj Ganpath?
 - Option: Only eating healthy foods
 - Option: Portion control
 - Option: Working out less
 - Option: Eating at night

6. Which factor does NOT help with weight loss?
 - Option: Eating in moderation
 - Option: Maintaining a steady calorie deficit
 - Option: Eating large portions of healthy food
 - Option: Exercising regularly

True-False



7. Consistent exercise alone guarantees weight loss.
8. Eating too little can slow your metabolism.
9. Raj Ganpath believes that portion control is unimportant for weight loss.
10. Low BMR can be influenced by factors like thyroid problems.
11. You should always eat as many healthy foods as you want to lose weight.
12. A steady calorie deficit is crucial for weight loss.

Gap-Fill

13. You need to consume fewer calories than you burn to maintain a steady calorie _____
14. BMR is the number of calories your body needs to function at _____
15. Eating too _____ can slow your metabolism.
16. Raj advises focusing on eating the right amount of healthy foods for effective weight _____
17. Even nutritious foods can hinder weight loss if eaten in _____ amounts.
18. Conditions like thyroid problems or _____ can affect BMR.

Answer

- Multiple Choice:** 1. Basal Metabolic Rate 2. A fitness coach 3. High caloric intake 4. Strength training 5. Portion control 6. Eating large portions of healthy food
- True-False:** 7. False 8. True 9. False 10. True 11. False 12. True
- Gap-Fill:** 13. deficit 14. rest 15. little 16. loss 17. large 18. menopause

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. What does the term 'metabolism' refer to?
 - Option: The process of food ingestion
 - Option: The chemical reactions that occur within a living organism
 - Option: The physical structure of a cell
 - Option: The movement of nutrients within the body

2. What classification is given to an individual with a body mass index (BMI) of 30 or higher?
 - Option: Overweight
 - Option: Obese
 - Option: Normal weight
 - Option: Underweight

3. What hormone is often referred to as the 'stress hormone'?
 - Option: Insulin
 - Option: Cortisol
 - Option: Adrenaline
 - Option: Thyroxine

4. Which process involves killing germs and bacteria on surfaces?
 - Option: Sanitize
 - Option: Disinfect
 - Option: Sterilize
 - Option: Clean

5. What is the most serious type of skin cancer?
 - Option: Basal cell carcinoma
 - Option: Squamous cell carcinoma
 - Option: Melanoma
 - Option: Carcinoma in situ

6. What term describes the condition of being subjected to something harmful?
 - Option: Isolation
 - Option: Exposure
 - Option: Seclusion
 - Option: Protection

7. Which type of agent is used to inhibit the growth of microbes?
 - Option: Antiseptic
 - Option: Antimicrobial
 - Option: Antibiotic



Option: Antiviral

8. What term is used for something that has been made impure or unclean by contact with a harmful substance?

Option: Pure

Option: Contaminated

Option: Filtered

Option: Sterilized

9. What is the ability of an organism to continue living called?

Option: Reproduction

Option: Survival

Option: Metabolism

Option: Adaptation

10. What do we call the act of taking in food and drink?

Option: Digestion

Option: Consume

Option: Ingestion

Option: Absorption

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The _____ of an object is its mass per unit volume.

12. Dietary _____ can help in weight management.

13. Prolonged _____ to UV radiation can increase the risk of skin cancer.

14. Vaccination can help prevent the _____ of infectious diseases.

15. Regular check-ups can help _____ potential health issues.

16. He felt _____ after listening to the constant noise.

17. Meeting client _____ is crucial for business success.

18. Poor communication can _____ team effectiveness.

19. A nutrient _____ can lead to various health problems.



20. Some materials can _____ the properties of natural substances.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Antimicrobial agents are used to combat infections by inhibiting the growth of bacteria.
22. Carcinoma is a type of cancer that originates in epithelial tissue.
23. Cortisol helps to regulate metabolism and the body's response to stress.
24. Infrasound refers to sound waves that are below the frequency range of human hearing.
25. Contaminated water can pose serious health risks to those who consume it.
26. The density of a substance determines whether it will float or sink in water.
27. Obese individuals are at a higher risk for developing chronic health conditions.
28. The lack of information during the crisis was unsettling for the public.
29. The survival of endangered species relies heavily on conservation efforts.
30. Many people fail to properly consume the recommended daily intake of fruits and vegetables.

Answer

Multiple Choice: 1. The chemical reactions that occur within a living organism 2. Obese 3. Cortisol 4. Disinfect 5. Melanoma 6. Exposure 7. Antimicrobial 8. Contaminated 9. Survival 10. Consume

Gap-Fill: 11. density 12. restriction 13. exposure 14. spread 15. prevent 16. irritated 17. expectations 18. hinder 19. deficit 20. mimic

Matching sentence: 1. antimicrobial 2. carcinoma 3. cortisol 4. infrasound 5. contaminated 6. density 7. obese 8. unsettling 9. survival 10. consume

CATEGORY

- 1. Health - LEVEL3

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