

**Independent Study Assignment
Marking Period 3 (first 5 weeks)**

Fad Diet/Fitness Fads Assignment

Body Mass Index (BMI)- a body mass index, or BMI, is a tool that can help you tell if you are at a normal weight for your age and height. When you put your measurements into a BMI calculator, you get a number that is then plotted on a percentile chart comparing you with other teens. This tells you if you are underweight (5th percentile or lower), at risk for becoming overweight (85th percentile and above) or overweight (95th percentile and above).

If you would like to take the option, you can determine your BMI by going to one of the following sites and entering your height and weight into the calculator:

- TeensHealth:
www.kidshealth.org/teen/food_fitness/dieting/weight_height.html
- Center for Disease Control:
<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>

My BMI: _____

My BMI percentile: _____

Research Project:

#1 Pick a diet

Choose a diet you've heard of recently (for example, The South Beach Diet, the Atkin's Diet, the Zone Diet) and find out if it's a safe and healthy way to lose weight. How does the diet work? How effective is it? What do doctors have to say about it?

#2 Pick 2 Fitness Fads of 2016

Choose 2 Fitness Fads of the 2016 new year. Explain in detail what the fad is and how it works. Research what fitness trainers and doctors say about the fitness fad. Is it effective or not? Is it safe or is there a chance it may cause injuries? What is the cost? Feel free to include any other pertinent information regarding each of these two fitness fads.