

WGU Nutrition D440 Competed Study Guide (2024/2025) Rated A+

Underweight

BMI under 18.5

Normal weight

18.5-24.9

Overweight

25-29.9

Obese

BMI over 30

Extremely Obese

BMI > 35

Calculate BMI

$\text{weight (kg)} / \text{height (m}^2\text{)}$

weight management strategies and actions

Management of the eating behavior (food diary, where why, how, and how much)

Promoting physical activity to increase energy output

Pursuit of emotional (stress), social, and psychologic health

Define problem behavior

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