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WEIGHT LOSS: Darn! Those creeping pounds add up.

By Mary Bamford, Registered Dietitian

Helping you eat less, move more and make it easy.

The Client--Vanessa

An ambitious woman in her twenties, Vanessa started her career in downtown Toronto at a healthy weight. While her career moved up over the years, so did her weight. Between age 29 and 39, she gained 49 pounds. Each year seemed inconsequential with an extra 4.5 pounds. But after 10 years of gaining, it added up to a weight that was not longer slipping by unnoticed.

An imbalance of an average of 44 extra calories per day has brought Vanessa from a healthy weight to the medical classification of obese.

That is when Vanessa decided to reverse the trend and make some changes. While she knew the basics of "eat less and move more", previous attempts to lose weight did not produce lasting results.

That is why she came to see Mary Bamford, a Registered Dietitian at Adelaide Clinic. *Vanessa wanted to learn what else Mary had in her toolbox to help her to lose weight and keep it off.* Her expectations were to get "ideas on foods to eat so that I can gradually lose weight without feeling very hungry all the time, without giving up everything I like."

At 5'4" she started at 188.8 pounds with a Body Mass Index of 33. She had borderline hypertension and gas and bloating that distracted her from more important activities and could be socially uncomfortable.

The Approach

Mary uses an integrated and personalized approach to weight loss. *The evidence shows that to lose weight and keep it off, simultaneously optimizing three major lifestyle factors is needed: eating, physical activity and behaviour change.* Remove any single factor and success is rare.



Getting Started

Mary assessed Vanessa's current situation and the changes required for her to achieve her goals. *Vanessa's was ready to do the work to lose weight. She had and made time to devote to learning ways to make the healthy choice the easy choice for her.*

At each visit, Mary and Vanessa put their heads together to pick one or two 'fast track result' changes and Mary added one or two 'long-term result' activities for Vanessa to work on until the next appointment.

Mary provided the guidance to identify the changes that would be effective and personalized to Vanessa's preferences and needs. The objective was to find ways to make the healthy choice the easy choice.

Progress

A series of successes and 'falling forward' adjustments have resulted in significant progress toward Vanessa's goals. She has had 7 visits so far and continues to benefit from feedback on her choices and progressive behaviour exercises that firmly establish her motivation and new habits.

The chart on the back page details Vanessa's starting point, goals and progress.

WEIGHT LOSS CASE STUDY: MARY BAMFORD, REGISTERED DIETITIAN, HELPING VANESSA EAT LESS, MOVE MORE AND MAKE IT EASY.

	STARTING POINT	LONG-TERM GOAL	PROGRESS AT 11 WEEKS
MEDICALLY			
Weight	188.8 lbs	140-145 lbs	175.3 lbs (13.5 pound lost)
Body Mass Index	33 (obese)	24.9 (healthy weight)	30.7
Waist Circumference	39"	32"	36" (clothes fit looser)
Muscularity	Inadequate	Adequate	Adequate
Blood Pressure	Borderline high	Normal	Normal* (*unofficial-MD must diagnose this)
Excess gas and bloating	Present	Absent	Absent
EATING			
Eating Pattern Strengths	<ul style="list-style-type: none"> Consistently eats 3 meals and 1 snack per day Consistently eats dinner with family at the table 	<ul style="list-style-type: none"> Continue to eat regular meals and snacks with friends and family 	<ul style="list-style-type: none"> On plan
Energy (calories)	<ul style="list-style-type: none"> Average 2300 calories per day supports gradual weight gain 3 days per week – appropriate calories (1800-2000) 4 days per week – excess calories (2500-2800) 	<ul style="list-style-type: none"> 1400 calories per day for weight loss Average 1800-2000 calories per day for weight maintenance 	<ul style="list-style-type: none"> Gradually reduced average calorie per day intake from 2300 to 1800 to 1600. Currently consuming between 1100-1500 Calories each day without feeling hungry or feeling deprived.
Nutrient adequacy	<ul style="list-style-type: none"> Inadequate in nutrients from fish, vegetables, whole grains and water. 	<ul style="list-style-type: none"> Adequate nutrient intake to optimize health and prevent disease Normal blood pressure 	<ul style="list-style-type: none"> Nutritionally adequate (which on its own normalizes borderline high blood pressure)
Nutrition excesses	<ul style="list-style-type: none"> Sodium more than tolerable upper limit on all days Sweets and treats - average of 700 calories per day of discretionary calories 	<ul style="list-style-type: none"> Moderate sodium intake Moderate intake of discretionary calories Plans sweets and treats for eating satisfaction Reduced gas and bloating 	<ul style="list-style-type: none"> Sodium intake in safe range Gradually reduced daily discretionary calories from an average of 700 per day to 400 to 300 Currently satisfied with 100-150 discretionary calories per day
BEHAVIOUR			
Motivation	<ul style="list-style-type: none"> Current strength is high—willing, able and ready to change History of not being able to sustain motivation long-term 	<ul style="list-style-type: none"> Sustain motivation Change ways of thinking and feeling to make the healthy choice the easy choice 	<ul style="list-style-type: none"> "I'm paying more attention to my choices and make the effort to find something that helps me succeed" When faced with a tempting treat that is not on my plan, "I ask myself how it will help me look and feel good in clothes before making a decision" "Most choices come quite easily now"
Behaviours that result in overeating	<ul style="list-style-type: none"> Disconnected, mindless eating habits (large servings, plate finishing etc.) Poor planning 10 fast food meals per week Inadequate sleep Unable to sit with a little hunger anxiety Foods that trigger cravings and emotional overeating in plain sight 	<ul style="list-style-type: none"> Mindful eating habits Connected to hunger and fullness cues Plan for success Breakfast at home and better lunch choices No cravings No emotional overeating New habits and patterns become the easy choice 	<ul style="list-style-type: none"> "I have a plan and I pay attention to my choices - they all count" "I appreciate my food more" "I leave food on my plate when I have had enough" "When I eat some of the foods I used to crave and consider nirvana, I realize that they do not all provide as much pleasure as I imagined - only a few are that yummy"
PHYSICAL ACTIVITY			
Getting Moving	<ul style="list-style-type: none"> Strength – got started with Wi-Fit 30 day challenge...and loves it 	<ul style="list-style-type: none"> Continue to find activities that she enjoys doing every day 	<ul style="list-style-type: none"> Progressing through multiple Wi-Fit games and programs and adding regular walks to routine activity
Physical Activity Adequacy	<ul style="list-style-type: none"> Sedentary- less than 30 minutes per day of light to moderate activity 	<ul style="list-style-type: none"> Cardiovascular Fitness—bare minimum 30 minutes of moderate activity every day Strength—minimum of two 20 minute strength workouts per week 	<ul style="list-style-type: none"> Fitness level is noticeably improved—"I can walk up the stairs from the GO Train with no effort - I was winded before"