



Lecture 24:

Weight Management

Copyright Protection:

- This lecture note is owned by the “Canadian Academy of Sports Nutrition” and all rights are reserved and protected by copyright and trademark laws, international conventions, and all other laws relating to the protection of intellectual property and proprietary rights.
- No part of the content of this lecture note may be reproduced, stored in retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the Canadian Academy of Sports Nutrition. Unauthorized use, display or distribution of any part of the content of this lecture note is deemed copyright infringement.

- **Take a complete history.** Try to know your client's occupation, eating pattern, physical activity level, sleeping pattern, medical history etc.
- Know his/her current weight and desired weight.
- Learn the **reasons(s) and motivation** for weight loss, e.g.:
 - a) My mom thinks that I am overweight.*
 - b) I want to be in a good shape for my wedding.*
 - c) I want to stay healthy/I have diabetes.*
- **Remember “4 Must-To-Do Things”:**

Remember “4 Must-To-Do Things”:

- 1) Explain to your clients the **patterns of weight loss**.
- 2) Explain **body resistance**.
- 3) Explain them about **plateau**.
- 4) Make weight loss a journey, not a process.
And **do NOT give them any false hope**.

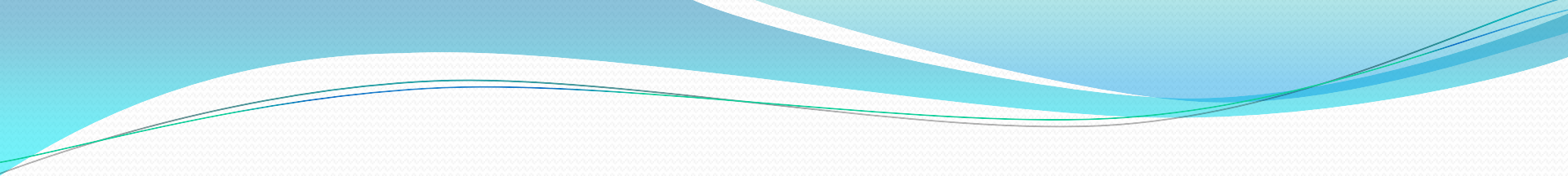
Weight Loss Patterns:

- Pattern of weight loss is the outline of going from the “*current weight*” to the “*desired weight*”.

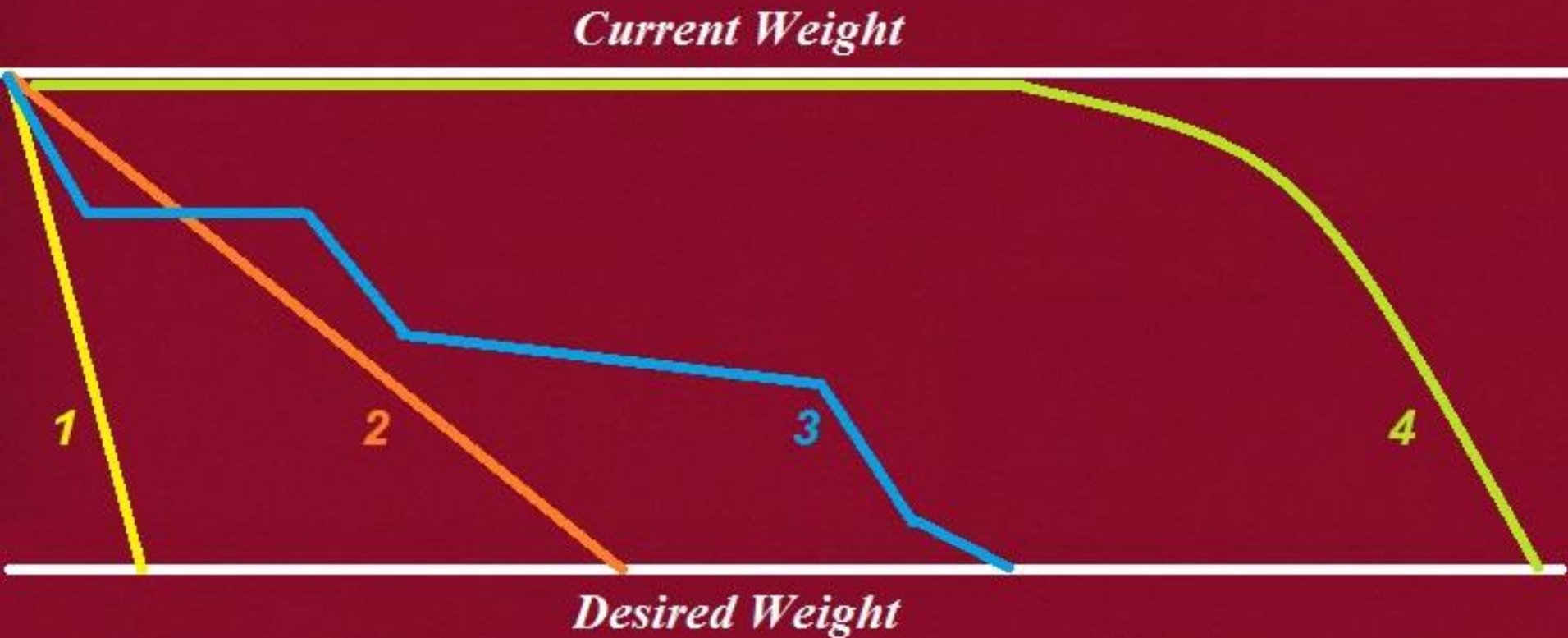


Everybody has a different pattern of weight loss!

Image: Copyright©Depositphotos.com/Michele Piacquadio

- 
- It basically depicts portray of the form of losing weight.
 - Incredible as it may seem, we all have absolutely different patterns of weight loss.
 - Tell your clients that they should never compare themselves with others when it comes to losing weight.

Abazar's Patterns of Weight Loss



1) Quick Weight Loss.

2) Diagonal (Steady) Weight Loss.

3) Staircase Weight Loss.

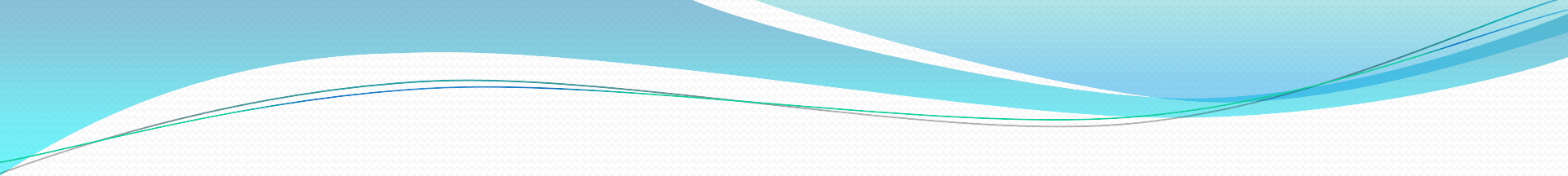
4) Initial Resistance - Late Accelerated (IRLA) Weight Loss.

Quick Weight Loss:

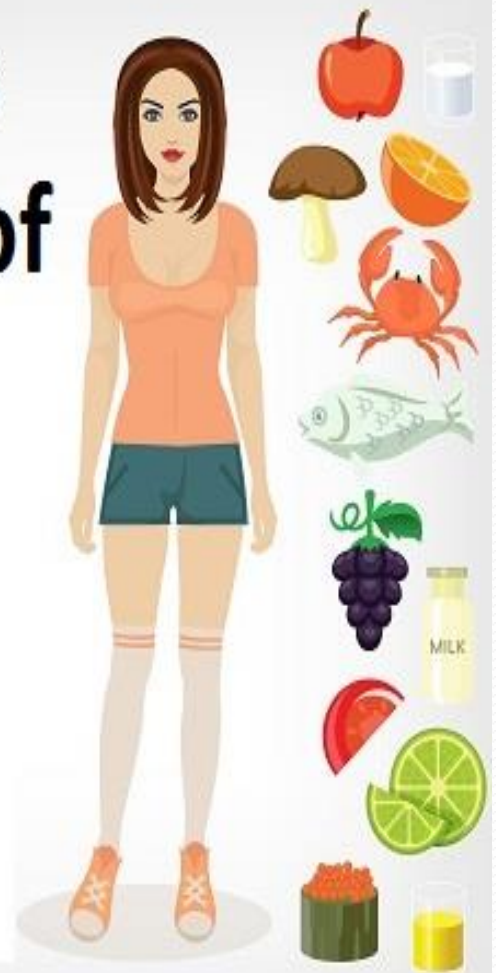
- It is when a person loses weight **more than 3 pounds in a week**.
- This is sometimes called “**sharp**” or “**rapid**” weight loss as well.
- At first, it looks a very quick way to reach the desired goal, yet it is not!
- People who follow or wish to follow this pattern would have their own challenges.

Disadvantages of Quick Weight Loss:

- **1)** The most common flaw of this pattern is being **unable to keep off the weight**. In other words, the risk of bouncing back is very common in this group.
- Majority of those who lose weight very quickly would gain it back within next few weeks after ending their weight loss regimens.

- 
- **2)** Another consequence of this pattern is to increase risk of **developing gallstones** especially if the person is very obese or if severe dehydration occurs due to failing to drink enough water during the weight loss process.
 - **3)** According to medical books, a rare consequence of rapid weight loss is **fatty liver**.

**Rapid weight loss
increases the risk of
developing
gallstones
and
fatty liver!**



Canadian Academy of Sports Nutrition

Rapid Weight Loss Fasting

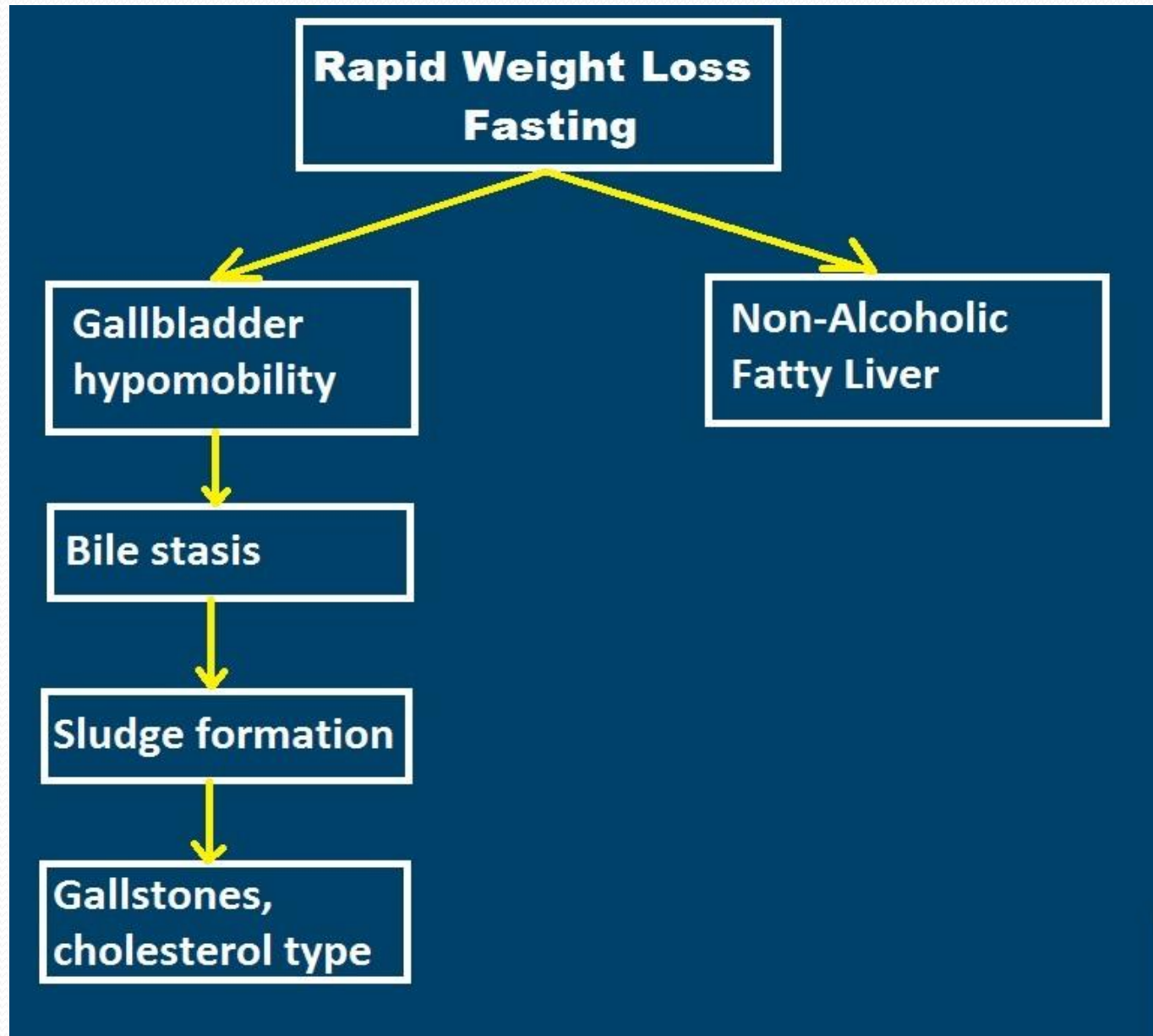
**Gallbladder
hypomobility**

**Non-Alcoholic
Fatty Liver**

Bile stasis

Sludge formation

**Gallstones,
cholesterol type**



- **4) Saggy skin:** It results from the loss of skin elasticity along with failure to build enough muscles to tighten skin.
- Saggy skin may cosmetically affect the person by making them look wrinkled and drooped especially in the face.
- **5)** A small percentage of people with the pattern of quick weight loss may experience **sleep disturbances**.

Diagonal (Steady) Weight Loss:

- It is when a person loses **1 to 2 pounds of weight in a week.**
- This is the healthiest pattern of weight loss, as they lose weight slowly but steadily.
- **Plateau does not usually occur in this pattern,** though they might get slower in their weight loss process as they get closer to their goals.

Staircase Weight Loss:

- This pattern happens when someone hits plateau more than two times during weight loss process.
- The person loses some weight followed by the first plateau. Then he loses some weight again followed by the second plateau.
- It would be easy to remember it as” **weight loss** – **plateau** – **weight loss** – **plateau**”.

Initial Resistance – Late Accelerated (IRLA) Weight Loss:

- This pattern occurs when someone **does not lose weight for more than at least 4 weeks** despite following nutritional advices and then starts losing weight gradually.
- The IRLA pattern is the most stubborn pattern ever. In the IRLA pattern, the person's body resists losing weight at the beginning for weeks and even months.

- *People with IRLA pattern complain saying, “I am following all the advices but nothing is happening”.*
- **To avoid any disappointment and discouragement:**
- **1) You have to explain *patterns of weight loss* to your clients before commencing the dietary regimen.**
- **2) The *reason for IRLA pattern* should be sought.**

You should expect IRLA pattern in the following conditions:

- 1) **D**ysfunctional thyroid.
- 2) **D**iabetes.
- 3) **D**iseases of the liver, and kidneys.
- 4) **D**epression.
- 5) **D**istress.
- 6) **D**iet yo-yo.
- 7) **D**rugs for depression, cancer, anxiety, epilepsy, corticosteroids, and birth control pills.
- It would be easier to remember “**7D**”.

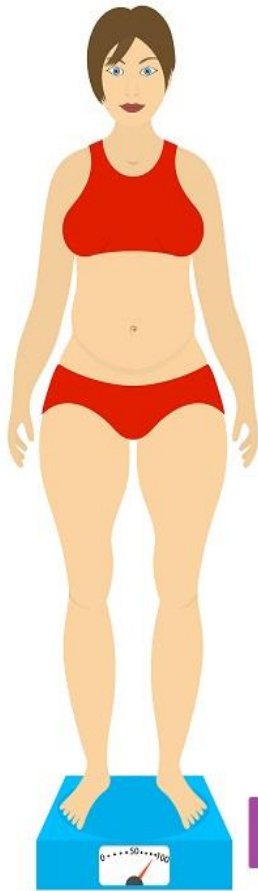
Weight Management:

- **1) Diet.**
- **2) lifestyle Changes (Behavioral Therapy).**
- **3) Exercise.**
- **4) Food Supplements.**
- **5) Medications (Pharmacological Therapy).**
- **6) Surgery.**

Stages of Weight Loss:

Weight Management for Non – Gym Goers: Abazar`s Classification

Stage 1	Diet + Lifestyle Changes
Stage 2	Stage 1+ Slight Supplementation.
Stage 3	Stage 1 + Moderate Supplementation.
Stage 4	Stage 1 + Supplementation + Exercise
Stage 5	Stage 1 + Detoxification + Body Cleansing
Stage 6	Aggressive Weight Loss (Celebrity – Type Weight Loss)



Before

**A sustainable
weight loss
cannot be
achieved
without a
complete
lifestyle change!**



After



Canadian Academy of Sports Nutrition

Stage 1:

Diet + Lifestyle Changes:

Dietary and lifestyle changes are a “**must**” in any weight management program:

- **1)** Eat small frequent meals throughout the day and not to skip any meal.
- **2)** Try to eat every 2-3 hours even if you are not hungry.

- **3) Keep your body hydrated by drinking one glass of water every 2 hours (average 2 liters a day).**
- **4) Increase protein intake to 1.5 gr/kg/day (maximum 40 grams per meal).**



A nutritious breakfast containing minimum 20 grams of protein gives a "good kick" to the body metabolism at the beginning of day.

Image: Copyright©Depositphotos.com/Jaimie Duplass

- **5) Avoid taking simple carbohydrates (sugar and any sweets).**



A big challenge in weight management is to eliminate foods with high glycemic index. *Image: Copyright©Depositphotos.com/Angela Waye*

- **6)** Do three changes with complex carbohydrates:
 - a)** Choose low glycemic index.
 - b)** Reduce your intake of carbohydrates to at least 50%.
 - c)** Avoid having them after “*Carbs Cut off Time*”.

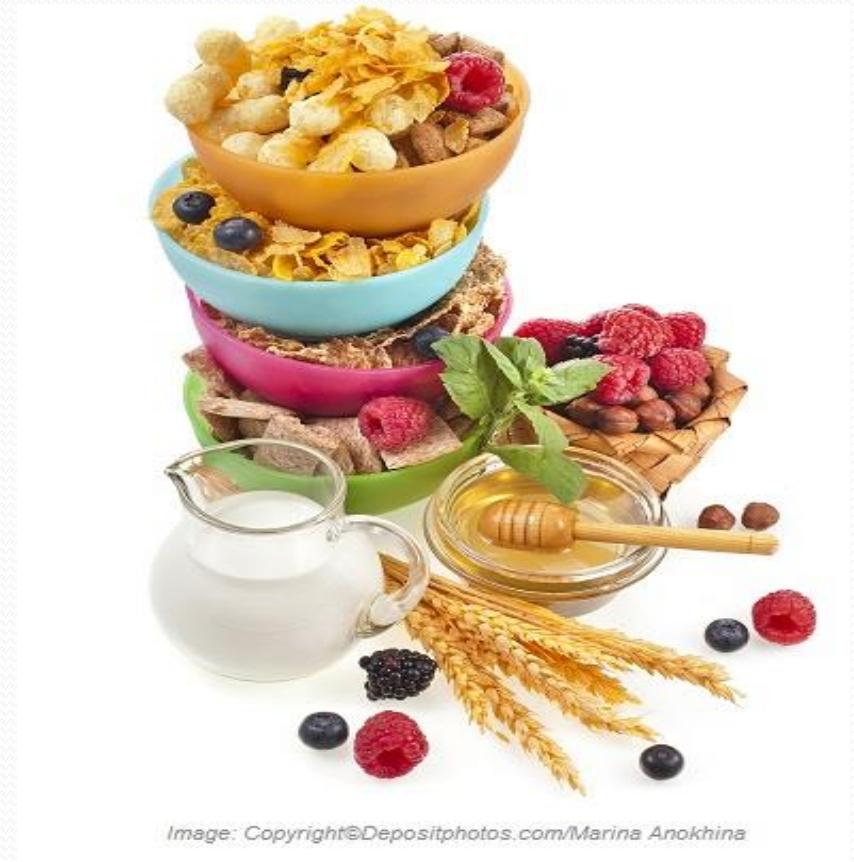

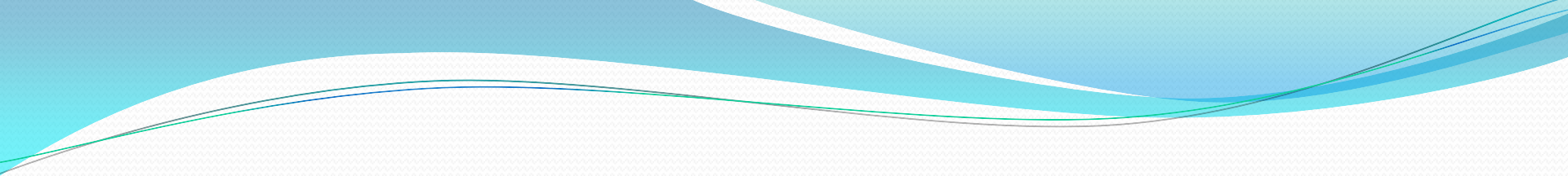
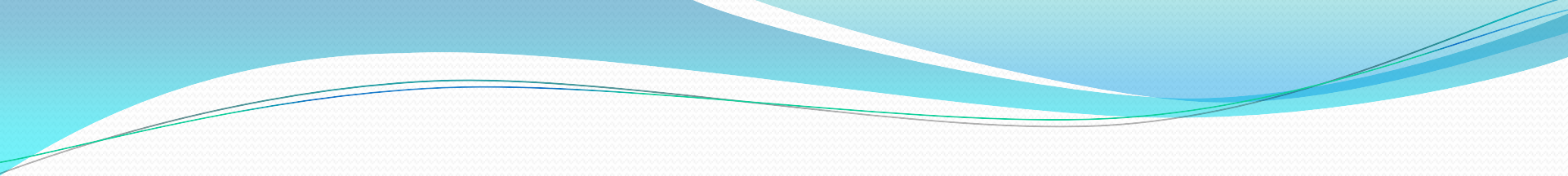


Image: Copyright©Depositphotos.com/Marina Anokhina

- 
- **7)** Keep your fiber intake at 30 grams a day or more.
 - **8)** Eat most of your foods early in the day.
 - **9)** Drink 1-2 glass of water about 30 minutes before meals to reduce appetite.
 - **10)** Eat slowly and chew food well.
 - **11)** Practice food combining.
 - **12)** Eat variety of foods (“Food Rotations”).

- 
- **13)** Use smaller plates and portions.
 - **14)** Fill up first on low-calories foods, such as soups and vegetables.
 - **15)** Avoid high-calories snacks and desserts.
 - **16)** Avoid overeating when being at a restaurant.
 - **17)** Take at least 20 to 30 minutes to eat a meal.

- 
- **18)** Avoid eating/snacking while watching TV (TV binging), driving, or doing other things.
 - **19)** Do grocery shopping after you eat, not when you are hungry.
 - **20)** Create your own list of your healthy foods, shop for them, and carry them with you wherever you go if possible.
 - **21)** Put snacks and sweet foods away at home.

- **22)** Learn about foods: carbohydrates, fats and proteins.
- **23)** Check your weight with the same scale at the same time.
- **24)** If you were off the track, go right back to your plan, and do not make it an excuse to indulge.
- **25)** Plan activities to occupy your free time when you might binge.
- **26)** Learn about “*Travel Diet*”.

- **27)** Allow yourself to indulge (within reason) once a week without guilt or self-judgement (Have a “cheat day”).
- **28)** Keep a good self-image and positive attitude toward life.
- **29)** Tell to your family and friends to support you and not push you to eat the foods that you were not supposed to eat.
- **30)** You may create a **meal plan** at this stage.

Stage 2:

Stage 1 + Slight Food Supplementation:

- Remove acidic foods from your client's diet.
- Make sure they are getting enough protein.
- Add 3 food supplements to support weight loss:
 - 1) Chromium Picolinate.
 - 2) L – Carnitine.
 - 3) High quality B – Complex.

Stage 3:

Stage 1 + Moderate Food Supplementation

- **Remove Acidic foods.**
- **Add alkaline foods such as lime, lemon, and vinegar.**
- **Add one scoop of Whey protein Isolate.**
- **Keep B – Complex and L – Carnitine.**
- **Add the followings:**
 - 1) **5 – HTP.**
 - 2) **Guarana.**

Stage 4:

Stage 1 + Supplementation + Exercise

- Follow stage 1.
- Remove acidic foods.
- Add alkaline foods.
- Continue with supplements based on their convenience and effectiveness.
- Add exercise:
 - 1) Recommend a proper “cardio”.
 - 2) Walk-Jog-Run as 3-3-3 for 40 minutes/3-4 times per week.

Stage 5:

Stage 1 + Detoxification + Cleansing

- **Follow all instructions in stage 4.**
- **Do detoxification and colon cleansing.**

Stage 6: Aggressive Weight Loss (Celebrity – Type Weight Loss)

- Only less than 5% of weight loss-seeking clients might end up needing guidance in stage 6.
- Add **thermogenic products**.

Homework:

- 1) Describe the patterns of weight loss.
- 2) List 15 dietary and lifestyle changes for weight loss.



