

# Weight Management the Scientific Way

What research studies tell us about  
how to maintain or lose weight

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**Solution**  **Resources** EAP  
LLC

The Good News:

You

Can

Lose

Weight

The Bad News:

It

Will

Hurt

# It's All A Matter of Balance



# The Fundamentals

- Weight Management is a function of energy input versus energy output.
- Energy is measured in calories (or joules)
- Weight maintenance is a matter of balance



Who said finding balance was easy?

# The Fundamentals

- Energy Intake  $>$  Energy Output = Weight Gain
- Energy Output  $>$  Energy Intake = Weight Loss
- Energy Output = Energy Intake = Steady Weight
- The body uses energy just to maintain life and to operate the brain.
- Every person's metabolism is different, but there are things to "rev up" yours
- The bad news: women tend to be at a disadvantage: their metabolism is lower.
- And Yes, genetics do play a role. How much?

# Lets talk about: Diets

- The good news: **All diets work.** At least to some extent.
- The bad news: All diets only work as long as you follow them.
- Most people gain back what they lost once they stop following the diet: no lifestyle change
- There is no good evidence to suggest diet pills actually work and are good for you.
- Drink plenty of water during the day, and a cup of green tea before meals (appetite suppressant).
- Don't worry about diets, just **go nuts!**

# Sleep

- Sleep deprivation is a chronic problem in our society.
- Evidence to date suggests that lack of sleep contributes to the obesity epidemic.
- Ghrelin=hunger    Leptin=satiation
- Lack of sleep reduces leptin levels and increases ghrelin levels.



# Exercise

- Exercise increases energy output.
- The more strenuous the exercise, the greater the energy output (compare to gas mileage in a car).
- Not all exercise immediately leads to a reduction of fat tissue.
- For most effective fat burning exercise, work out hard for 20-30 minutes, then moderate (60-70% MHR) for another 20-30 minutes.

# Examples of Energy Use

- Female 175 lbs, 45 years
  - Resting metabolic rate: 1650 cal
  - 30 min walk: 120 cal
  - 30 min jog: 394 cal
  - 1 mile swim: 500 cal
- Male 175 lbs, 45 years
  - Resting metabolic rate: 1800 cal
  - 5 mile run: 570 cal
  - 1 mile swim: 500 cal

If you want to  
manage your weight,  
you have to  
manage yourself

# You need to manage...

- Your food intake
  - Limit your portions
  - You WILL feel hunger. Live with it!
- Your level of activity (=exercise)
  - Get moving. You can't get around it!
  - You WILL feel discomfort at times. Live with it!
- Your sleep. Schedule enough of it!
- Your habits/lifestyle
- Your expectations.
  - No miracles. Just hard work. Live with it, or live with your uncomfortable weight.

# Start with Goal Setting

- Goals must be REALISTIC, MEASURABLE, ACHIEVABLE, TIME LIMITED
- Break large goals down into smaller accomplishments/milestones.
- Include a MOTIVATOR.
- Make goals broad enough.
- Formulate goals as a Commitment (I WILL - not: I should, I have to, I want to, maybe...)
- Example: I will become a healthy person so I can have fun with my grandchildren. As part of that healthy lifestyle, I will walk Bloomsday 2011 and run (not walk) Bloomsday 2012. In order to accomplish this, I will walk at least 30 minutes a day for the next 3 months.

# Exercise Plan

- When you walk, walk at  $\geq 100$  steps per minute.
- To increase energy output and your metabolic rate, use this pattern (any exercise):
  - Week 1: Maintain comfortable pace for set distance/time.
  - Week 2: Increase intensity, maintain distance of first week.
  - Week 3: Increase distance, maintain intensity of second week.
  - Continue to increase first intensity, then distance.
  - Once you have reached the distance & intensity you set as your goal, move on to interval training.

# Resources

- Links to BMI, Heart Rate and Calorie calculators can be found on the EAP web site: [www.solutionresources.net](http://www.solutionresources.net) (Fitness and Exercise tab)
- Also: Tips for dieting and nutrition.
- Find the slides (handouts in printable PDF format) at: [www.solutionresources.net](http://www.solutionresources.net) at the bottom of the Diet and Weight Control page (on Healthy Living submenu)