



Balanced Weight Management (Part 1)

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An example of a
consultation with a
'pretend' client



Example Client Profile

- **Age:** 52 years
- **Height:** 156 cm
- **Weight:** 79.5 kg
- **Smoke:** Non-smoker
- **Employment:** Employed
- **Gender:** Female
- **Health:** Diabetic
- **Exercise:** Occasionally walks a dog belonging to a friend
- **Habits:** Tends to comfort eat when alone

Introduction

In reading through your profile I see you have Diabetes. Do you understand you may have it because you are carrying too much weight?

There are many risk factors for Diabetes but the single best predictor is being overweight or obese. (2)

It's important that we address the situation because Diabetes can lead to a number of other not-so-nice conditions such as blindness, kidney disease and much more. (2)

Introducing BMI

So first let me check your **BMI**. Have you heard of **BMI** before?

BMI is short for **Body Mass Index** and it's the measure of the amount of fat within your body.

It's not totally accurate in all cases, but it gives a good indication of the amount of body fat a person is carrying.

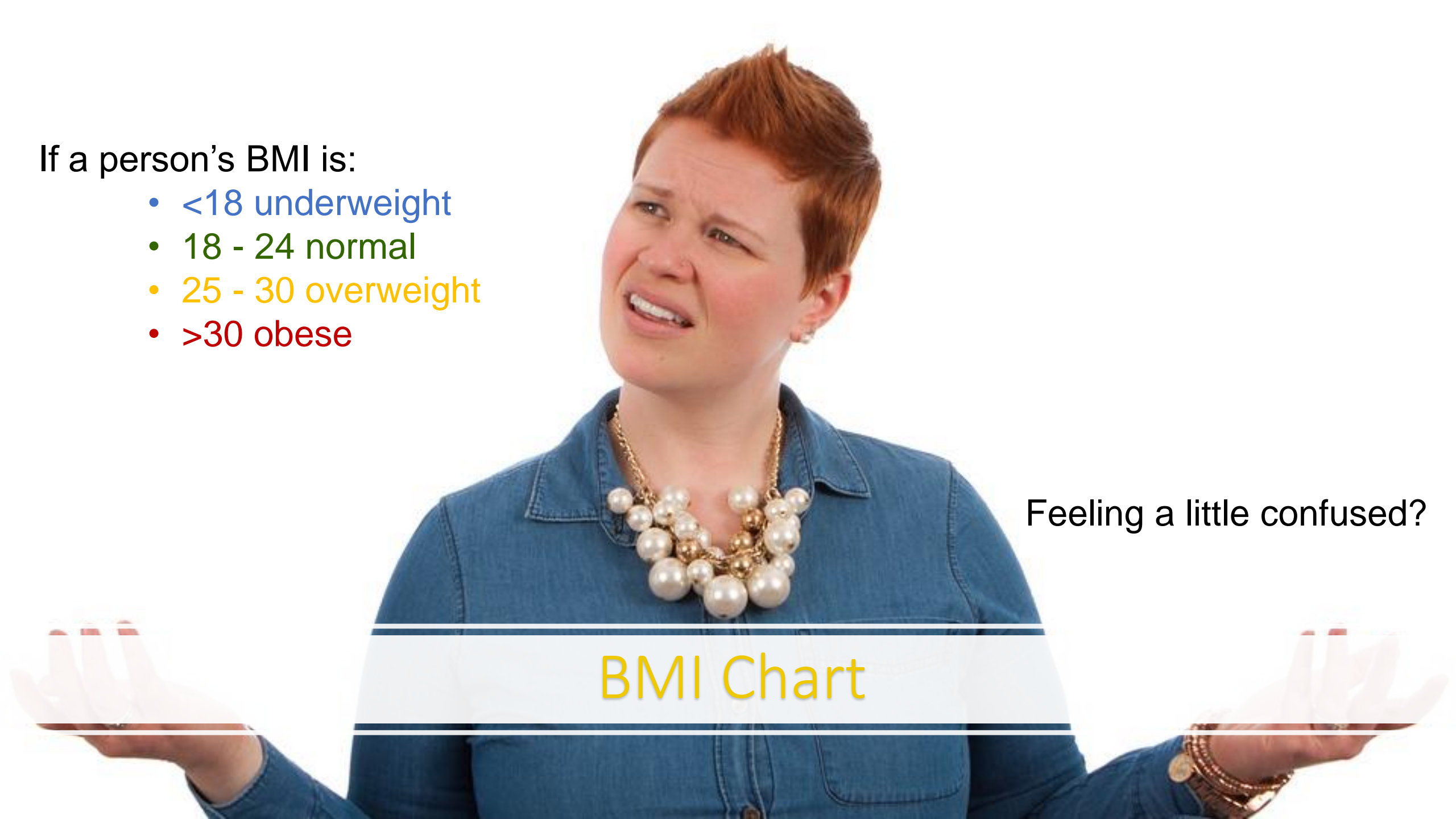
It's determined by dividing your weight in kilograms, by your height in metres, squared.

If a person's BMI is:

- <18 underweight
- 18 - 24 normal
- 25 - 30 overweight
- >30 obese

Feeling a little confused?

BMI Chart



Body mass index (BMI)



MALE



FEMALE

METRIC

IMPERIAL

Height

156 cm

Weight

79 kg

CALCULATE YOUR BMI

BMI Tool

OK, then let's use this little online tool, and I'll show you how it can be quickly worked out...

First we choose 'female'

- Then we enter your height: 156 cm
- Your weight: 79.5 kg

... and hit Calculate your BMI!

Provided by: <https://www.heartfoundation.org.au/your-heart/know-your-risks/healthy-weight/bmi-calculator>



Obese (BMI 30 +)

BMI Results

Your BMI

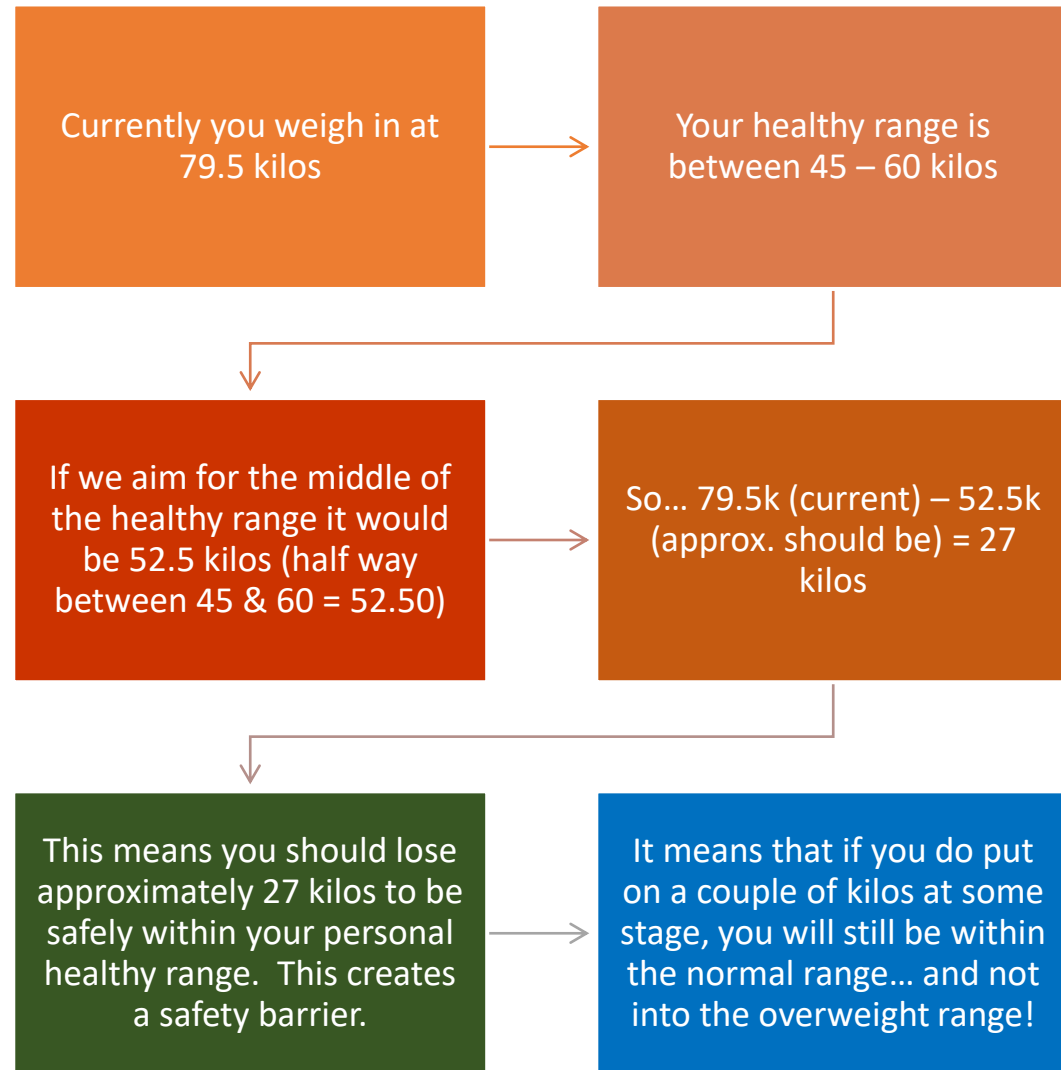


Your suggested healthy weight range 45 - 60.6kg

As you can see, it has come up at **32.5** which is just over into the **Obese range**. This is known as Class 1 Obese.

It suggests that a healthy weight for you should range be between... **45k – 60.6k**

Let's Work Out Your Safety Barrier



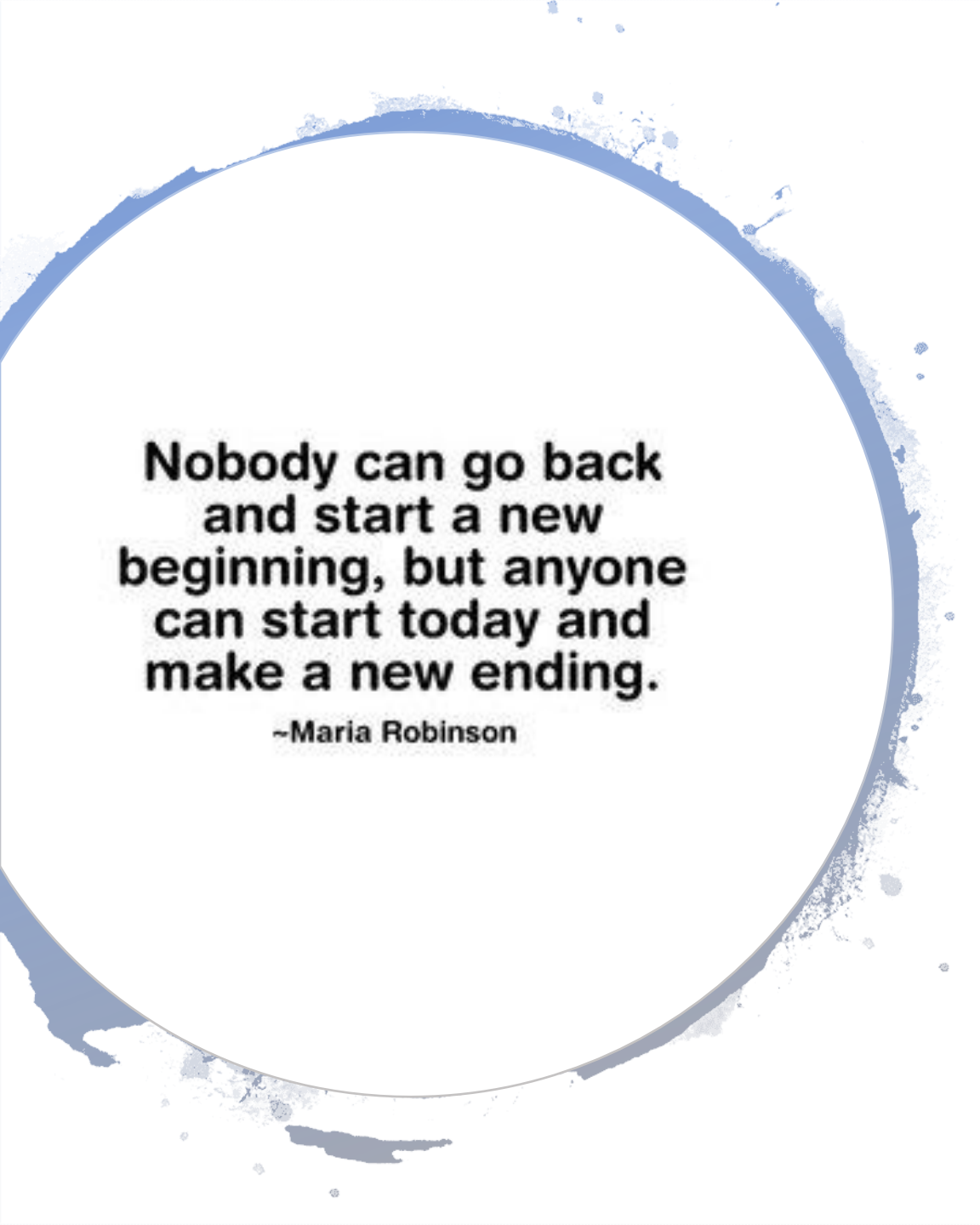
Don't Be Alarmed!

There are many, many more people who have a much higher BMI reading than you... and really I want you to understand... maybe it's not your fault!

- *Unfortunately, dietary advice has not always been very accurate, so this may not have helped you.*

Now remember, it's taken many years to put the weight on, but we will work at reducing it back to a normal range at a good steady pace.





**Nobody can go back
and start a new
beginning, but anyone
can start today and
make a new ending.**

~Maria Robinson

A New Way of Life

It's important that the work you put into losing weight can be maintained:

- The only way you can maintain your weight loss is to make *real changes* in the way you eat.
- It's not a matter of going on a "*diet*" and then going back to your old way of eating... it must be a "*new way of life*".



Cut Risk of Further Diseases

By losing weight you can cut the risk of:

- Heart disease
- Stroke
- High blood pressure
- Diabetes
- Some cancers
- Gallbladder disease and gallstones
- Osteoarthritis
- Gout
- Sleep apnoea and asthma

(Continued in Part 2)