

TOPIC: MAINTAINING WEIGHT

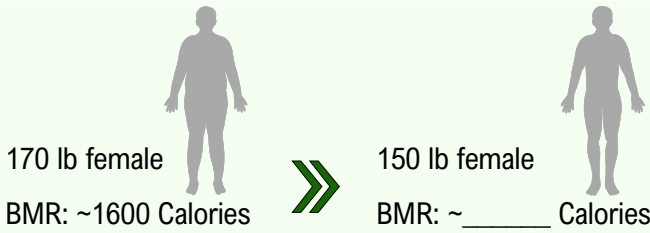
Maintaining Weight

◆ After weight loss, maintaining a new, lower weight can be difficult.

- _____ strategies that led to weight loss:

Healthy Eating

◆ After weight loss, your basal metabolic rate changes → require _____ calories.



170 lb female
BMR: ~1600 Calories


150 lb female
BMR: ~_____ Calories

Behavioral Modifications

- Eat mindfully & keep a food journal.
- Manage _____.
- Maintain other changes that led to loss.

Physical Activity

◆ Integrate regular activity into your lifestyle.



◆ If the new weight is not maintained, we are prone to unhealthy **Weight** _____ (yo-yoing).

- **Weight cycling:** pattern of losing and gaining weight _____.
- *Recall:* set-point theory; BMR can adjust to favor _____ weight.

EXAMPLE

Josh wants to lose weight. He calculates that his daily energy expenditure is about 2,800 Calories.

- What would be a recommended initial Calorie intake for Josh to achieve weight loss healthfully? _____
- According to the Calorie deficit you suggested in the last question, about how long would you expect it to take for Josh to lose five pounds? _____
- Once Josh achieves his desired weight, how should his caloric intake compare to his energy intake before weight loss? _____
- Explain your answer: _____

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PRACTICE

From the four descriptions below, determine which individual is likely to be weight cycling.

- a) Dre is a former high school athlete. During his transition to college, he adjusted his eating habits and continued exercising three days a week.
- b) Dave has struggled with his weight since high school. Every few years he drops 15-20 pounds through fad diets then gains it back over the course of a few years.
- c) Danny lives a sedentary life and has a BMI of 29. His doctors are encouraging him to try losing 5% of his body weight. Since he has a family history of heart disease, he is considering medication for weight loss.
- d) Diego works a high stress office job but is very invested in hiking and biking. He lifts weights a few times a week and regularly eats out because of his schedule.