



Losing Weight

Diets

What is your proper weight?

- You can't generalize a ideal weight for men and women
- Everyone has a diferente ideal weight in which we are healthy and are not in risk of developing any disease associated with obesity and bad nutrition
- The reality is that both males and females come in all different shapes and sizes, therefore it is unrealistic to represent only one body type as beautiful



So why people want to be so skinny?? BODY IMAGE

- We live in a world that sends us all sorts of messages about the 'perfect' body. We are constantly receiving image related messages from different mediums, both within the media and our surrounding environments, indicating what society views as 'beautiful'

THE PERFECT "BODY"
 PERFECT FIT, PERFECT COMFORT, PERFECTLY SOFT.
 EXPLORE THE COLLECTION

LONG LINE DEMI NEW! UNLINED DEMI PERFECT COVERAGE DEMI RACERBACK WIRELESS MULTI-WAY PERFECT SHAPE NEW! PERFECT COMFORT DEMI PUSH-UP PUSH-UP

"Research has shown that media exposure to unattainable physical perfection is detrimental to people, especially women, and that the detrimental effects are currently more the rule than the exception."(Haas.405) *An Intervention for the Negative Influence Of Media*



- Instead of embracing and celebrating diversity in all body types, we concentrate on what can be dangerous and often physically unattainable perfection
- One in two Australian teenage girls have dieted and more than half are unhappy with their bodies (*Girlfriend Magazine Body Image Survey, June 2005*)

- Today, more than ever, males are feeling the pressure to maintain or achieve high levels of fitness and physical perfection

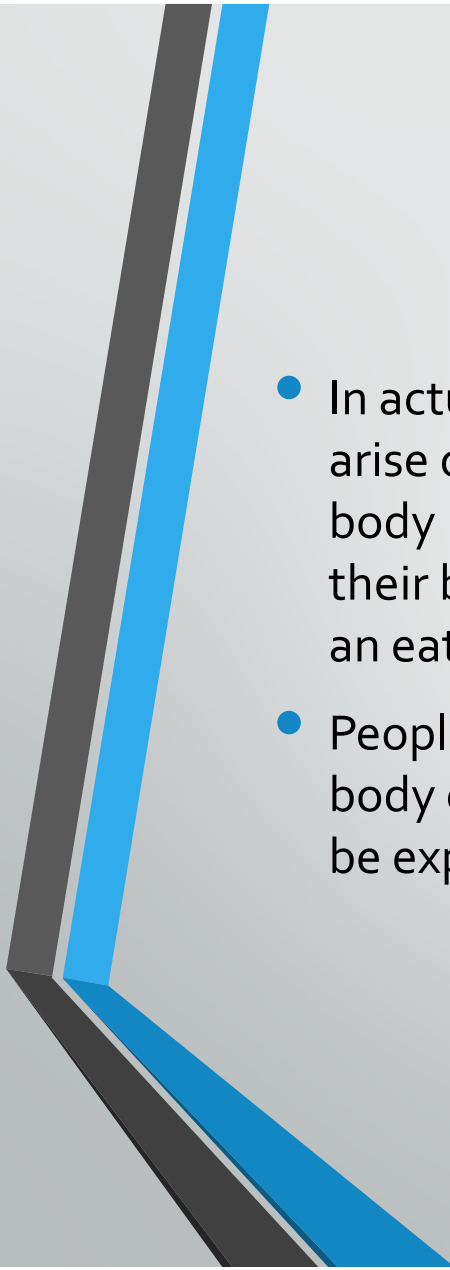


Extremes, both are bad

- A preoccupation with the way their body looks can lead to severe and dangerous behaviours which can really affect their quality of life; such as developing an eating disorder.
- A lack of preoccupation, information or some diseases lead to an unhealthy life style that can evolve to obesity and other problems



Eating Disorders

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- In actual fact an eating disorder is a serious and complex mental illness that can arise out of someone's severely low self-esteem and negative view of the way their body looks. Eating disorders can affect people of any gender and age, no matter their body shape or size, although the reasons behind why someone may develop an eating disorder are highly complex, there is no one single cause
 - People suffering with an eating disorder commonly share a distorted view of their body coupled with intense feelings of anxiety, isolation and depression which may be expressed through their bodies and food

Anorexia Nervosa

- Is an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight and a distorted perception of body weight. People with anorexia place a high value on controlling their weight and shape, using extreme efforts that tend to significantly interfere with activities in their lives.
- To prevent weight gain or to continue losing weight, people with anorexia usually severely restrict the amount of food they eat. They may control calorie intake by vomiting after eating or by misusing laxatives, diet aids, diuretics or enemas. They may also try to lose weight by exercising excessively.



- No matter how weight loss is achieved, the person with anorexia has an intense fear of gaining weight.
- Anorexia isn't really about food. It's an unhealthy way to try to cope with emotional problems. When you have anorexia, you often equate thinness with self-worth.
- Anorexia can be very difficult to overcome. But with treatment, you can gain a better sense of who you are, return to healthier eating habits and reverse some of anorexia's serious complications.



Bulemia Nervosa

- People with bulimia may secretly binge — eating large amounts of food — and then purge, trying to get rid of the extra calories in an unhealthy way. For example, someone with bulimia may force vomiting or do excessive exercise. Sometimes people purge after eating only a small snack or a normal-size meal.
- If you have bulimia, you're probably preoccupied with your weight and body shape, and may judge yourself severely and harshly for your self-perceived flaws. Because it's related to self-image — and not just about food — bulimia can be difficult to overcome.

- Bulimia can be categorized in two ways:
- **Purging bulimia.** You regularly self-induce vomiting or misuse laxatives, diuretics or enemas after bingeing.
- **Nonpurging bulimia.** You use other methods to rid yourself of calories and prevent weight gain, such as fasting, strict dieting or excessive exercise.





Losing Weight

Healthy and Unhealthy Ways

Famous Diets

- **Paleo Diet**

Caveman Diet. On the Paleo Diet, you're supposed to eat like your ancestors, which means eating a lot of animal protein, "natural" carbohydrates (essentially fruits and vegetables) and some nuts.

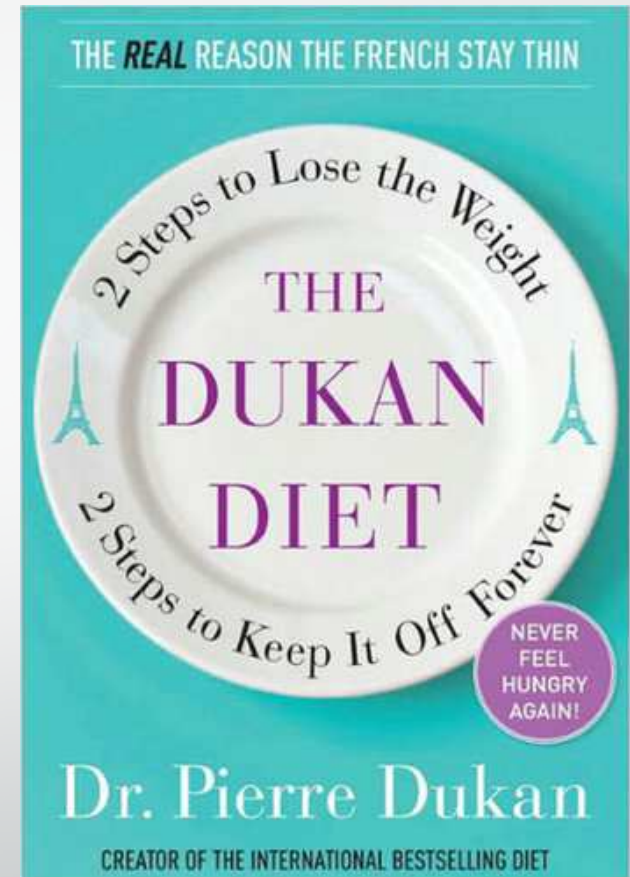
What's interesting about this diet is that its phases are the opposite of most other diets: they get more restrictive as you progress. For example, at the first level, you get 3 "open" or cheat meals a week, plus what they call "transitional items," such as condiments to flavor food. But when you move to level 2, you only get 2 "open" meals a week and you phase out the transitional items. This type of transition might make the diet easier to stick to.

- Dairy, which is how most of us get our calcium and vitamin D. The Paleo Diet is also low in carbohydrates—and there's research that shows limiting or eliminating carbs impacts your memory and your mood.

• **Dunkan Diet**

- On the Dukan Diet you only eat lean protein, plus a small amount of oat bran each day, and drink 6 to 8 glasses of water a day in the first phase ("attack"). In phase 2 (the "cruise" phase), you introduce vegetables back into your diet, but starchy ones—like potatoes or corn—aren't allowed.
- It's not until phase 3 ("consolidation") that you're allowed to eat fruit, grains and dairy again, which is why this diet isn't nutritionally sound.
- Key nutrients, such as calcium and vitamin D from dairy, and disease-fighting compounds from fruits and whole grains. Plus there's no mention of portion sizes. In fact, Dr. Dukan tells you to eat as much protein as you like. And ultimately to lose weight you need to eat fewer calories than what you burn.

- Short term, a high-protein, low-carb diet likely isn't harmful. The long-term outlook is less clear. When digested, protein creates uric acid, which must be eliminated. Because of the high amount of protein, the kidneys need to work especially hard, and that could injure them or worsen existing kidney problems. (Dukan's rebuttal: Drinking enough water will keep the kidneys working efficiently.)
- Shutting out entire food groups, namely grains and fruit, might also put you at risk for nutritional deficiencies.
- Additionally, you may experience lethargy, bad breath, dry mouth, and constipation when on Dukan—notorious side effects of low-carb diets.



• Raw Food Diet

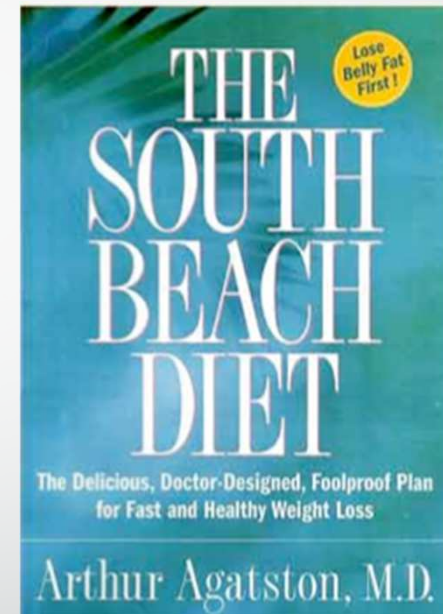
- A raw-food diet is just that—you eat raw food. Your food can't be cooked above 118 degrees Fahrenheit. So you're eating mostly raw and dehydrated fruits and vegetables and things like smoothies and cold soups that you prepare without heat.
- Some raw foodists drink unpasteurized milk and eat cheese made from raw milk, as well as eating raw fish and meats. The big thing to note here is that this can be risky; these foods can carry foodborne-illness bacteria.
- If you're not eating any animal-based products such as meat, fish, eggs, poultry or dairy you'll miss out on vitamin B12—a vitamin your body needs to transform fat and protein into energy, as well as other essential functions. You also won't get much, if any, vitamin D—and more and more research is showing that adequate vitamin D is important in warding off a host of chronic conditions, from heart disease to cancer.



- **South Beach Diet**

- The diet has three stages, and gradually increases the proportion of carbohydrate consumed as it progresses while simultaneously decreasing the proportions of fat and protein. ^[5] It includes a number of recommended foods such as lean meats and vegetables, and has a concept of "good" (mostly monounsaturated) fats
- It makes no restriction on calorie intake, includes an exercise program, and is based around taking three main meals and two snacks per day
- The primary advantage to following the South Beach diet is its emphasis on making lifestyle choices that will help you achieve a healthy weight and maintain it long into the future. The balance of foods recommended on the South Beach diet includes lean meats, healthy fats and nutrient-dense sources of carbohydrates such as whole grains and vegetables. As part of the program, you'll learn the difference between healthy and unhealthy fats and you'll also learn to identify good carbs while restricting bad carbs. The diet isn't necessarily a low-carb diet, but it does focus on finding a balance between good carbs and bad carbs.

- One drawback to the first phase of the South Beach diet is the exclusion of fruits from your diet. Fruit is an essential part of a healthy eating plan, and shouldn't be labeled as bad carbs. Instead, fruit has a place in any weight loss plan because it contains fiber, which satisfies your hunger and keeps you full. Fruit also supplies essential vitamins and minerals such as potassium and vitamin C. MayoClinic.com notes that the South Beach Diet is fairly safe, though if you restrict your carbs too much you can develop ketosis. Ketosis can cause weakness, fatigue and dehydration.





- **Weight Watchers**

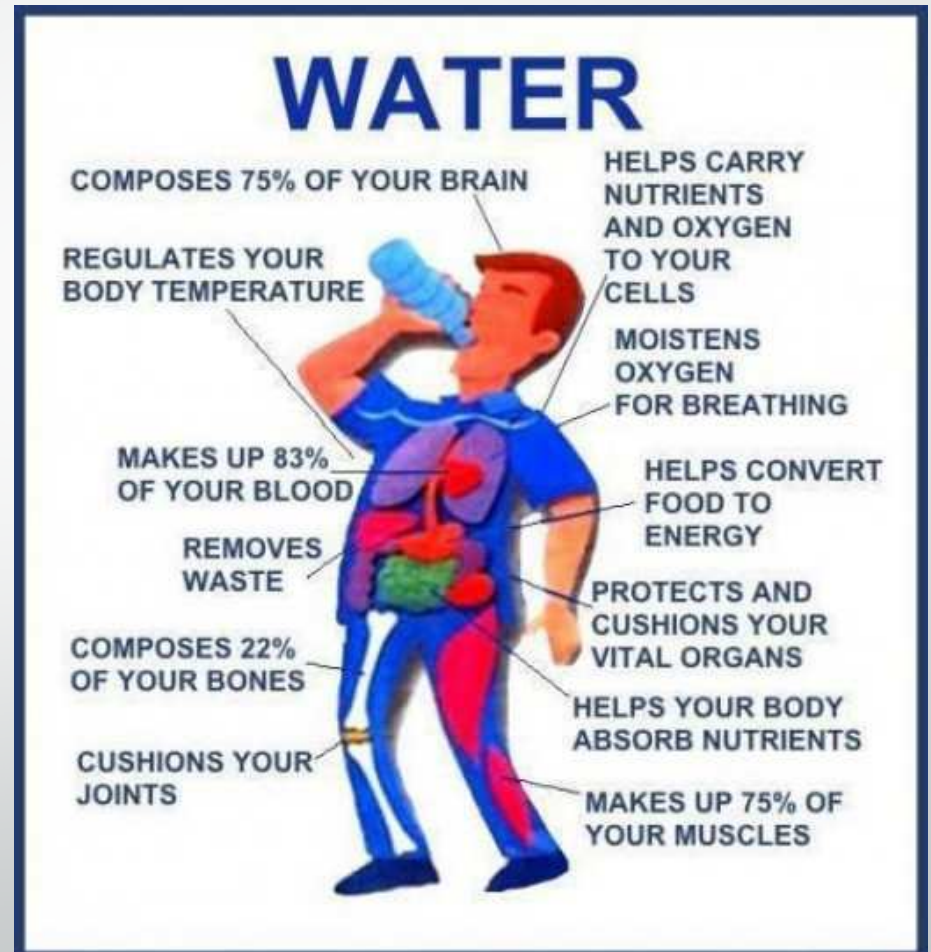
- No food is off limits with Weight Watchers **ProPoints** weight loss system.
- However you choose to eat, vegetarian, gluten-free, lower carb - it doesn't matter. The new Weight Watchers approach offers you seven different ways to eat, enjoy the food you love and achieve a healthy weight loss – yes really!

The key to losing weight with Weight Watchers is the **ProPoints** plan and it's really simple. Every food has a **ProPoints** value and every day, you get your own **ProPoints** allowance that you can spend any way you like.

Eating healthily

- Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and stabilizing your mood.

- **Water.** Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.



- **Exercise.** Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries, or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.
- For most healthy adults, the Department of Health and Human Services recommends these exercise guidelines:

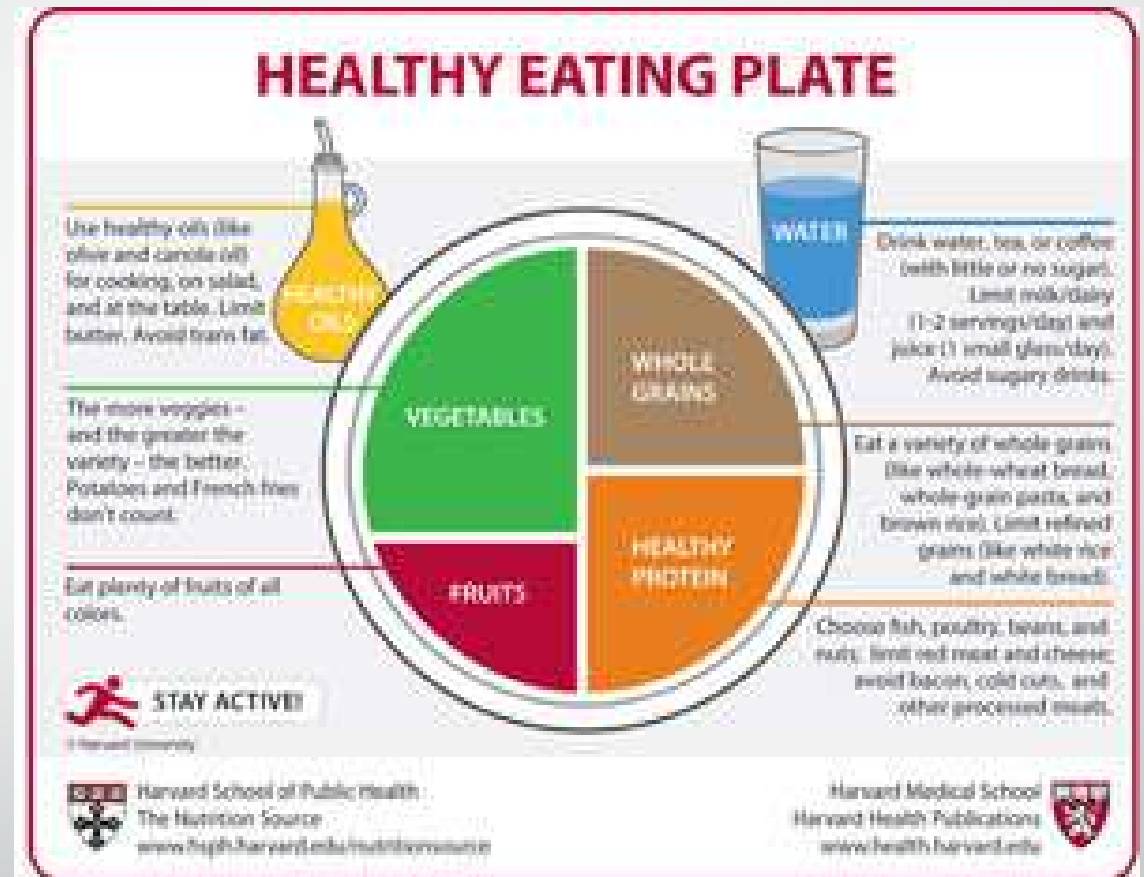
Aerobic activity. Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You also can do a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week.

Strength training. Do strength training exercises at least twice a week. No specific amount of time for each strength training session is included in the guidelines.

- As a general goal, aim for at least 30 minutes of physical activity every day



- People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation.
- You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.



- The goal of healthy eating is to develop a diet that you can maintain for life, not just a few weeks or months, or until you've hit your ideal weight.
- It means eating far less of the unhealthy stuff (refined sugar, saturated fat, for example) and replacing it with the healthy (such as fresh fruit and vegetables). But it doesn't mean eliminating the foods you love.



Tips 😊

- **Eat with others whenever possible.** Eating with other people has numerous social and emotional benefits—particularly for children—and allows you to model healthy eating habits. Eating in front of the TV or computer often leads to mindless overeating.
- **Take time to chew your food and enjoy mealtimes.** Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of our food. Reconnect with the joy of eating.
- **Listen to your body.** Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.
- **Eat breakfast, and eat smaller meals throughout the day.** A healthy breakfast can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.
- **Avoid eating at night.** Try to eat dinner earlier in the day and then fast for 14-16 hours until breakfast the next morning. Early studies suggest that this simple dietary adjustment—eating only when you're most active and giving your digestive system a long break each day—may help to regulate weight. After-dinner snacks tend to be high in fat and calories so are best avoided, anyway.