

Session 28

Weight Management for health & Fitness

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Diet aims

- Decrease calories (500/day)
- Increase activity (initially 10-20 mins per day)
- Decrease starch increase vegetable intake decrease overall portion size
- Meal replacement (protein drinks) useful suggested to use during weekdays then weekends planned small meals (helps in retraining)
- Non oral reward systems needed
- Think about comfort eating

1:10 men > 40 years have Obstructive Sleep apnoea (OSA)(inevitable association with neck circumference > 40 cm)

OSA – Fatigue – less exercise – weight gain – more OSA & development of metabolic syndrome

Waist circumference better than BMI as indicator of health risk

Men < 95cm

Women < 88 cm

Visceral fat comes off 3 times faster than peripheral fat & responds well to exercise

Role for laparoscopic banding in morbidly obese who have failed medical management