

Obesity Counseling & Education

- 1- Explain the Problem
- 2- Benefits & Risks
- 3- Attitudes & Behavior
- 4- Weight Loss Goals
- 5- Referral to a Dietitian

- Let's talk about your weight
- You're a bit overweight and it is important to change that
- It's also important that you know why (ask patient what does he/she know about the complications)
- Excess Weight or Obesity is associated with a lot of problems: CVD, Stroke, DM, HTN.
- Have you ever tried losing weight ? (what did you do ?)
- What made you want to lose weight ? what you made you come here today ?
- How much weight do you expect to lose ?
- How beneficial will your weight reduction be ?
- For your weight loss target: It's best that you lose around 10% of your weight in the next 6 months, after you maintain you weight → this loss will reduce the risk of getting those diseases we talked about earlier.
- What do you think might go against your weight loss program ?
- Ok, so the best way to do this is to get you doing regular exercises, and you have to do this regularly → doing regular exercises will make you lose weight, increase muscle mass, and improve your health overall.

To Start off: I would like you to do exercises 3 – 5 days a week (Walking, Light Cycling) 30 – 60 mins.

- As far as your diet, you have to do a few changes. The basic principle is that you have to burn more than you take in by food.

To do that, I want you to reduce your daily calorie intake by around 500 – 700 calorie by doing this you are looking at loosing almost 1Kg every week, at least at the beginning.

Of course you have to stay away from fast/junk food, sweets, fried foods, and high carb food. You should try to replace those with fruits/ vegetables, foods that are high in fiber/ fish. Those foods will make you full without giving you too much calories.

I can refer you to a dietitian, if you think that might help. The most important thing is for you lose weight. I'm also going to give you a few pamphlets that have specific diet regimens that might help.

Do you have any questions ?