

Healthy Weight

Myths, Fads, Evidence

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Pritikin Diet

Linus Pauling

Caveman Diet (P

Atkins

F Plan

Keto

5: 2 diet/tim

Florida Beach

Soup Diet The

Zodiac diet

Macrobiotic

Dukan Diet

Grapefruit diet

The HCG Diet



Myths

- Losing weight will make me better/happier person
- Losing weight will fix my marriage
- Overweight people lack willpower
- Overweight people “*don’t try hard enough*”
- I am a failure because I can’t lose weight
- All my health issues are because I am overweight



Genetics, the environment and epigenetics

- Genetics
- Environment
 - In utero/early childhood
 - 'Obesogenic' environment



Beccy
5ft 11in
Size 16



Jemma
5ft 8in
Size 10-12



Nicola
5ft 2in
Size 12-14



Vicky
5ft
Size 14-16



Kate
5ft 6in
Size 12-14



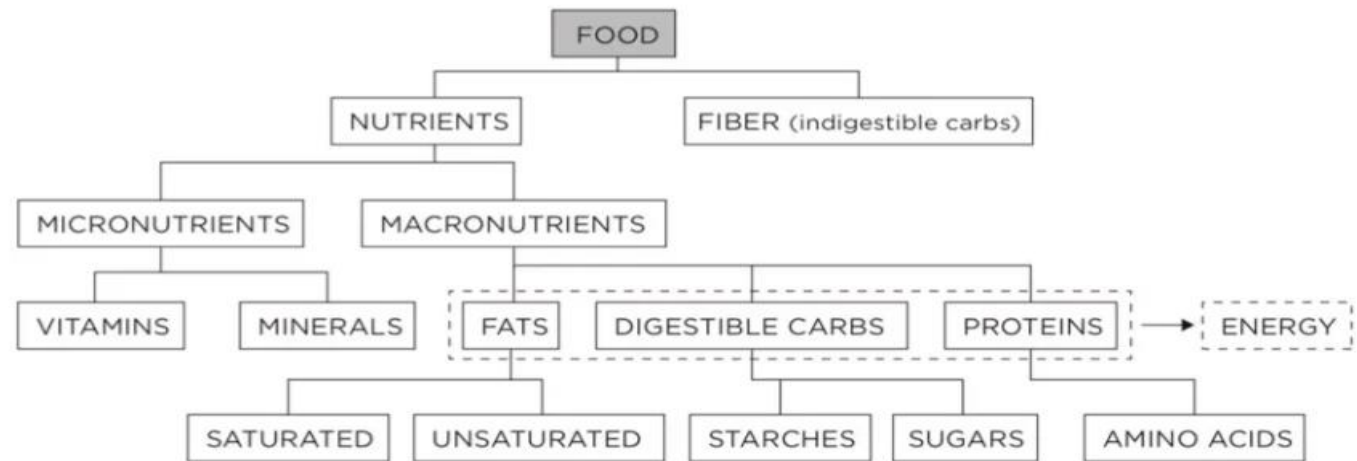
Myths

- You should count your calories
- Carbs are bad
- Fat in diet is bad
- Drink 8 glasses of (bottled) water per day
- We should all follow the same dietary guidelines
- Exercise will make you thin
- Breakfast is the most important meal of the day

Counting Calories

- Estimate
 - Body processes foods differently
e.g.: corn on the cob/corn bread/cornflakes
- Different BMRs (25% variation)
- Food prep makes a difference to availability of nutrients
 - Ultra processed foods
 - “low calorie” ≠ healthy
 - “low fat” ≠ healthy
 - Fail to satisfy hunger
 - Designed to make us want more

Pasta: 10% protein



Set point theory

- Set point = range at which you can comfortably maintain your weight
- Body weight regulation complex
- Losing body fat ↓ leptin
 - Leptin reduces appetite and promotes satiety

Weight loss surgery + medication

SURGERY TYPE	AVERAGE WEIGHT LOSS	FAILURE RATE (LESS THAN 50% EXCESS WEIGHT LOSS)	NOTES
Gastric Bypass	~70%	10-15%	Effective for many obesity-related conditions.
Gastric Sleeve	~59%	15-30%	Popular but long-term outcomes are still being studied.
Gastric Banding	Varies	30-50%	Less effective compared to other methods.

- Reflux
- Nutritional deficiencies
- High failure rates

Medication

- GLP-1
 - Ozempic, Wegovy,
- Mounjaro (GLP-1 + GIP)

MEDICATION	AVERAGE WEIGHT LOSS
Mounjaro	20.2%
Ozempic	13.7%

Evidence re long term outcomes (diet)

Mediterranean

Japanese

limited highly processed food
variety of plants incl legumes
animal protein: fish, eggs
non animal protein: legumes, nuts
olive oil, vegetable oil
wheat (pasta, cous cous, flat breads), rice, flat breads
portions + proportions

Active
Socially connected
and engaged

The gut “biome” and weight

- Extra weight = less gut bacteria diversity
- People at healthy weight have different percentages of bacteria
- Can change the composition by dietary changes
- Less inflammation

Gut biome

gut-brain axis

30 different plants/week

This includes:

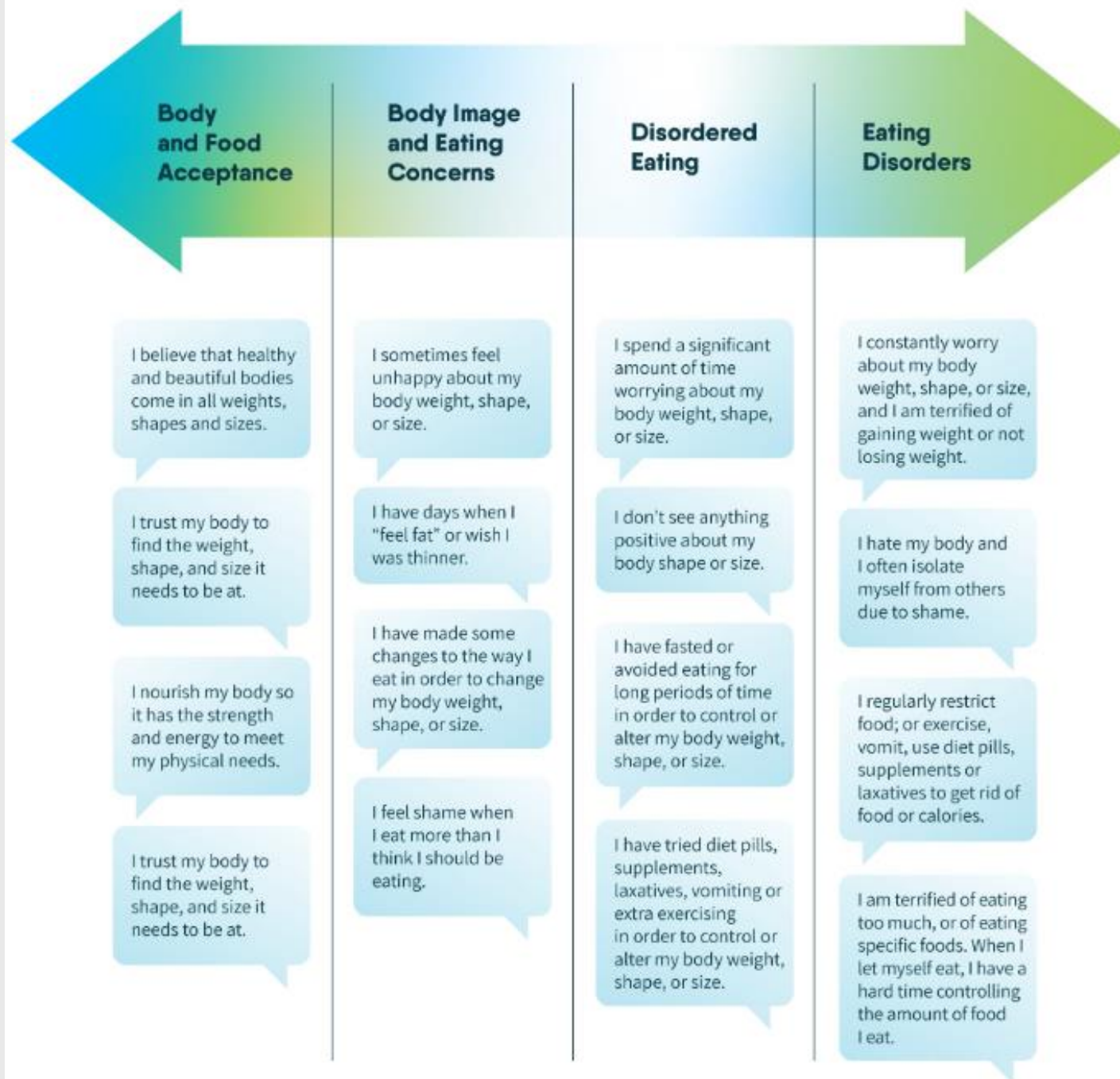
Herbs +spices, legumes, nuts, grains (wheat, rice, buckwheat etc), tea, all vegies and fruit

Portions and proportions

2/3 daily intake plants



Eating Patterns



Disordered Eating Patterns

- **Restrictive Eating:** Avoiding a type of food or food group
- **Binge Eating:** when you eat a large amount of food in a short amount of time and feel you can't control what or how much you are eating.
- **Irregular Eating:** Skipping meals, fasting
- **Inflexible Eating:** feeling compelled to obey a set of self-imposed dieting rules (e.g., avoiding high-calorie food, calorie counting, fasting to lose weight and/or skipping meals)

Signs of Disordered Eating

- Preoccupation with food and calories
- Avoidance of social occasions that involve eating
- Mood or self-esteem affected by slight variations in weight
- Feeling guilty about eating
- Becoming anxious when exercise or eating routines are disrupted
- Wanting to be alone because of "feeling fat"
- Eating in secret or lying about eating
- Excessively rigid or perfectionistic thinking
- Self-induced vomiting
- Laxative, diuretic, enema misuse

Body Image and self-esteem

Body Image and Self-Esteem

- **Body image** refers to how an individual perceives and feels about their physical appearance
- **Self-esteem** is a broader measure of self-worth and confidence. It is how you see yourself and how you value yourself.

While body image can influence self-esteem, they are not the same, and a negative body image doesn't automatically equate to low self-esteem

How does this happen?

Internal Messages

- Negative, self-critical thoughts
- Childhood beliefs/habits
- Labeling food as "good" or "bad"
- Feeling guilt or shame about food choices
- Criticizing one's body or self-worth based on food consumption

External Messages

- Food marketing
- Social media
- They often moralize food (categorizing foods as "good" or "bad"), promote restrictive diets, or glorifying unhealthy options.

How to Develop a Healthy Relationship with Food

Behaviour Changes

- **Practice Mindful Eating**
 - Don't eat while doing another activity (e.g. watching TV, scrolling social media, working etc.)
 - Notice and enjoy the taste, texture, and aroma of your food, rather than eating on autopilot
 - Eat slowly
- **Nourish Your Body**
 - Be intentional about what you eat
 - Gather information from reliable sources about nutrition
 - Be balanced-don't restrict food groups
 - Pay attention to your body's signals for hunger and fullness, and eat accordingly
- **Set Realistic Goals**
- **Make Sustainable Changes**

Understand Your Relationship with Food

- **Self-Monitoring**

- Reflect on your eating habits: is there a pattern to when you engage in unhelpful eating patterns? E.g. time of day, particular emotion etc.
- Typical day:
 - Regularity of eating
 - Planning
 - Meal skipping/forgetting leading to over-eating

Cognitive changes

- Challenge Negative Food Thoughts
- Celebrate and Focus on Progress NOT Perfection
- Seek Support



EXERCISE FOR WEIGHT LOSS

Presented by Grant Hancock

Accredited Exercise Physiologist

Find us at Unit 1/10 Hospital Road

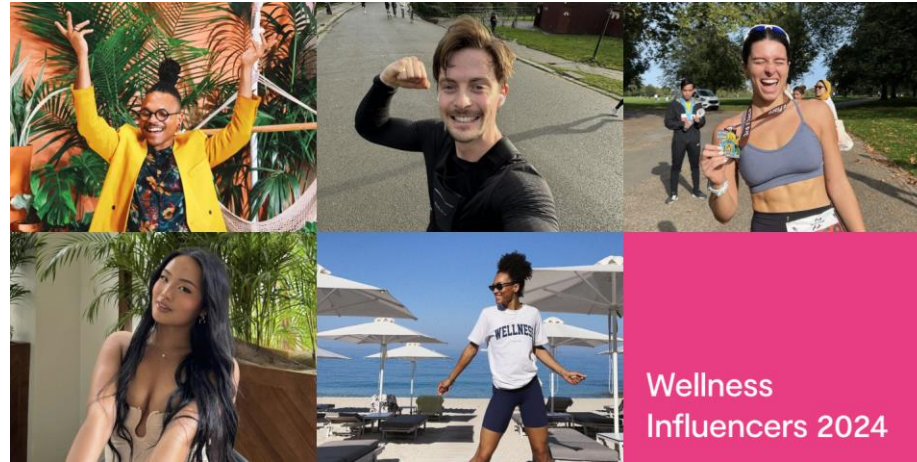
My Story

- 10 years ago: 115–120kg
- Lost 25–30kg in 2016-17, kept it off
- Clinician AND lived experience
- I've walked this path



Why It's So Confusing

- \$ Trillion wellness industry
- Fads, influencers, extreme reality TV
- Conflicting info = confusion
- Truth: No “perfect program” exists



What The Evidence Actually Says

- Exercise = essential for managing weight
- Aerobic training helps with fat loss
- Resistance/HIIT protect your muscles
- No one-size-fits-all plan

How Much Do You Need to Exercise?

- 300–420 min/week
= meaningful loss
- 150+ min/week =
maintenance
- Avg. additional
weight loss: 2–3 kg
- Most fat lost =
visceral (belly) fat

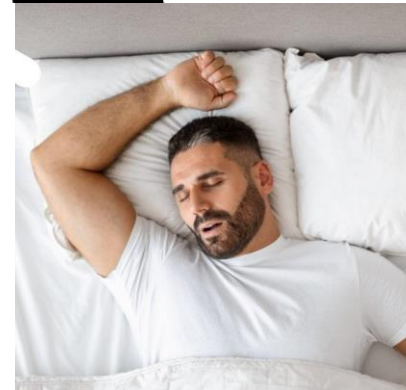
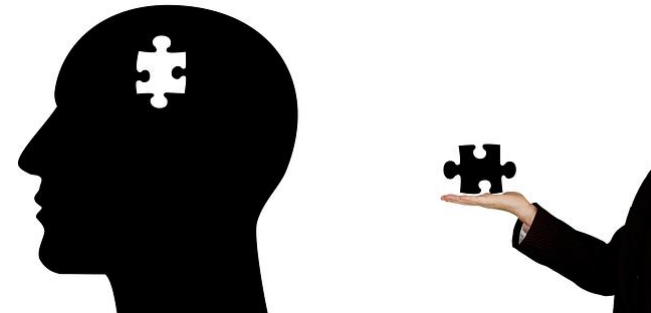


MODERATE INTENSITY CARDIO EXERCISE

**50-70% Max
Heart Rate**

The Real Benefits of Exercise

- Live longer, stronger, better
- Mental health, energy, disease prevention
- Strength & independence, better sleep
- It's not just about fat loss



Movement Creates Momentum

- Active people eat better, move more
- Health behaviour clustering
- Exercise builds habit momentum



Tip 1: Find Your Why

- Go deeper than “I want to lose weight”
- Make it personal, emotional, powerful
- E.g. kids, partner, health history



Tip 2: Focus on the Process

- Don't fixate on the scale
- Celebrate what you DID do
- Process goals > outcome goals



Tip 3: Start Small

- Start where you are—not where you think you should be
- 5–10 mins/day = BIG health impact
- 10 mins/day = 60 hrs/year



Tip 4: Find What Works for You

- Do things you enjoy: dance, walk, garden
- It won't always be fun—and that's okay
- Pair with music, podcasts, friends



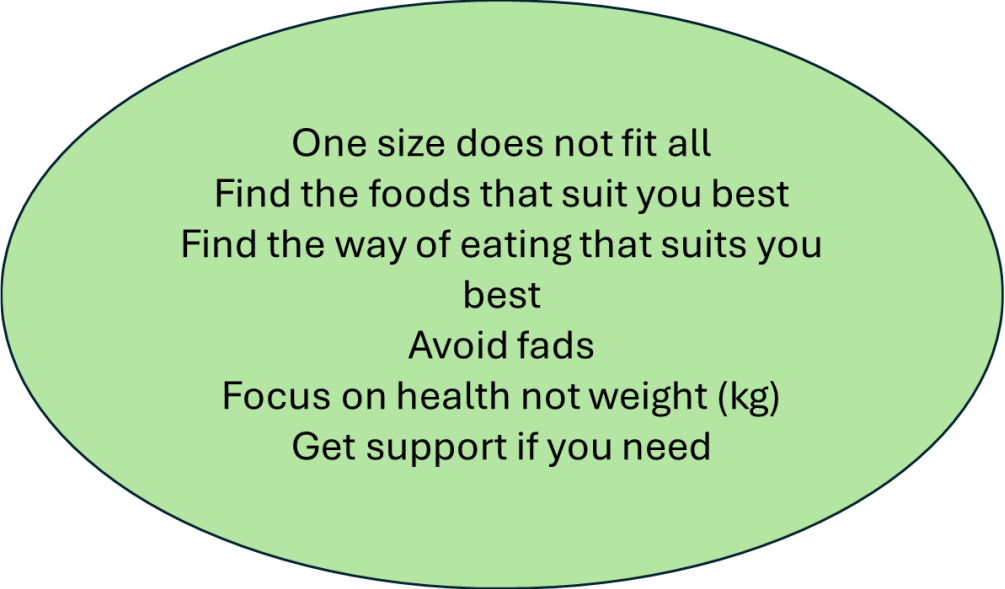
Tip 5: Ditch “All or Nothing”

- Consistency > intensity
- 1.5 hrs/week > short-term sprints
- Something is better than nothing



5 Ways to Make Exercise Stick


1. Find your WHY
2. Focus on progress, not the scale
3. Start small – even 5 mins counts
4. Choose movement you enjoy
5. Something is always better than nothing



One size does not fit all
Find the foods that suit you best
Find the way of eating that suits you
best
Avoid fads
Focus on health not weight (kg)
Get support if you need



Final Message

- Exercise = long-term health tool
 - Improves mood, energy, future quality of life
 - Start small. Stay consistent. Keep going.
 - Need help? Come say hello or email me:
 - grant@youmovehealth.com.au
- 

references

- Butterfly Foundation- resources for eating disorders
- <https://foundrybc.ca/articles/disordered-eating-eating-disorders/>
- <https://nedc.com.au>