Fitness for Every Body:

Coaching and Teaching Weight Neutrality

Session 235 - Thursday July 21st 8:40-10:30 am

Presenters: Nikki Snow and Rachael Babiracki

What are the challenges of weight management?

- 2012 IHRSA Trend Report half of members joined gyms to lose weight
- <u>2021 Next Fitness Consumer Report from IHRSA and ABC Fitness Solutions</u> ⅓ list weight loss as primary motivator
- 95% of diets fail, 2007 UCLA meta study analyzed 31 longitudinal studies and found the majority of people regained all the weight plus more, sustained weight loss was in a minority, 95% gain weight back in a few years. <u>Source</u>
- More than 1/3 of the people who admit to "normal dieting," will merge into pathological dieting, meaning they are always on a diet. <u>Source</u>
- The Framingham Heart Study has shown that regardless of initial weight, people whose weight goes up and down—known as weight cycling or yo-yo dieting—have twice the risk of dying from heart disease. <u>Source</u>
- Pathological or yo-yo dieting is linked to heart disease, insulin resistance, higher blood pressure, inflammation, and, ironically, long-term weight gain. <u>Source</u>
- Schafer and Ferraro found that weight stigma is related to health risks associated with being overweight, like functional disability, decreased self-rated health, elevated ambulatory blood pressure, negative body image, low self-esteem, and depression <u>source</u>
- Weight stigma and anti-fat bias tied to binge eating, show NO connection to weight loss motivation <u>source 1 source 2</u>
- One study found adolescents that indicated their primary reason for unfair treatment was their physical appearance had elevated ambulatory blood pressure <u>source</u>
- Anti-fat beliefs predict mental health symptoms regression models account for substantial portions of variance in psychological outcomes, ranging from 22% to 13% in depression scores. <u>Source</u>
- Stress impacts physical and mental health increases risk of high blood pressure, heart attack, stroke, and other medical issues. <u>Source</u>
- Stress hormones affect the endocrine system which manages blood sugar. <u>Source</u>

- Dieting has significant impact on health, including increasing blood pressure and permanently damaging our metabolism. <u>Source 1 Source 2 Source 3 Source 4</u>
- The body politic: the relationship between stigma and obesity-associated disease Peter Muennig
 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2386473/ Examines the relationship between
 weight stigma and health issues, and finds that weight stigma may drive health issues that are
 typically blamed on body size.

Questions to consider

• What have you seen in our industry related to these topics? What have you experienced in your professional capacity?

• What is your personal experience with weight cycling, weight stigma, etc.?

What are the benefits of weight neutrality?

Shout out to Ragen Chastain for her incredible newsletter and gathering of research articles in this space!

Weight Science – Evaluating the Evidence for a Paradigm Shift Lindo Bacon, Lucy Aphramor <u>https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-10-9</u> This paper evaluates the evidence and rationale that justifies shifting the health care paradigm from a conventional weight focus to HAES.

Relationship Between Low Cardiorespiratory Fitness and Mortality in Normal-Weight, Overweight, and Obese Men

Ming Wei, MD, MPH; James B. Kampert, PhD; Carolyn E. Barlow, MS; et al <u>https://jamanetwork.com/journals/jama/fullarticle/192035</u> Relative risk of all-cause mortality was similarly mitigated by fitness, regardless of BMI

Healthy Lifestyle Habits and Mortality in Overweight and Obese Individuals Eric M. Matheson, Dana E. King and Charles J. Everett <u>https://www.jabfm.org/content/25/1/9.abstract?etoc</u> Healthy Habits were associated with a similarly significant decrease in mortality regardless of BMI

What's wrong with the 'war on obesity?' A narrative review of the weight-centered health paradigm and development of the 3C Framework to build critical competency for a paradigm shift.

Lily O'Hara and Jane Taylor

https://journals.sagepub.com/doi/full/10.1177/2158244018772888

Critique of the weight-centered health paradigm and review of the literature around ineffectiveness and harms of the weight-centered approach.

The weight-inclusive versus weight-normative approach to health: evaluating the evidence for prioritizing well-being over weight loss

Tracy L Tylka, Rachel A Annunziato, Deb Burgard, Sigrún Daníelsdóttir, Ellen Shuman, Chad Davis, Rachel Calogero

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4132299/

Review of the data on weight and health, including ineffectiveness and harms of dieting, health effects of weight stigma, and data behind a weight-inclusive approach

Skills to teach and coach from weight neutrality

- Take weight off the table don't weigh clients!
- Set goals that are not weight focused
- If clients are weight focused, ask them if it is possible to make that a secondary or tertiary goal to honor their autonomy and move away from focusing on weight
- Adjust the metrics and data you gather to shift away from weight management
- Adjust your coaching what motivation can replace weight management?

Add your own below:

Further Resources

- Ragen Chastain
- Ilya Parker
- <u>Sabrina Strings Fearing the Black Body</u>
- Belly of the Beast by Da'Shaun L. Harrison
- Aubery Gordon What We Don't Talk About When We Talk About Fat
- Sonya Renee Taylor The Body is Not an Apology

Contact Information



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