

# Fitness for Every Body:

## Coaching and Teaching Weight Neutrality

Session 235 - Thursday July 21<sup>st</sup> 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
- [2021 Next Fitness Consumer Report from IHRSA and ABC Fitness Solutions](#) - 1/3 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. [Source](#)
- More than 1/3 of the people who admit to “normal dieting,” will merge into pathological dieting, meaning they are always on a diet. [Source](#)
- 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. [Source](#)
- Pathological or yo-yo dieting is linked to heart disease, insulin resistance, higher blood pressure, inflammation, and, ironically, long-term weight gain. [Source](#)
- 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 [source](#)
- Weight stigma and anti-fat bias tied to binge eating, show NO connection to weight loss motivation [source 1](#) [source 2](#)
- One study found adolescents that indicated their primary reason for unfair treatment was their physical appearance had elevated ambulatory blood pressure [source](#)
- 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. [Source](#)
- Stress impacts physical and mental health - increases risk of high blood pressure, heart attack, stroke, and other medical issues. [Source](#)
- Stress hormones affect the endocrine system which manages blood sugar. [Source](#)



Ming Wei, MD, MPH; James B. Kampert, PhD; Carolyn E. Barlow, MS; et al

<https://jamanetwork.com/journals/jama/fullarticle/192035>

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

<https://www.jabfm.org/content/25/1/9.abstract?etoc>

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](#)
- [Sabrina Strings Fearing the Black Body](#)
- [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



### **PHIT Society**

Push Hard, Inspire Together

[instagram](#) | [website](#) | [email](#) | [podcast](#)



### **Nikki Snow**

PHIT Society Co-founder

[instagram](#) | [linkedin](#) | [email](#)



### **Rachael Babiracki**

PHIT Society Co-founder

[instagram](#) | [linkedin](#) | [email](#)