



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

1/2 - New Year, New Me?

Introduction

What two common New Year's resolutions quickly go awry? You guessed correctly if you answered dieting and weight loss. Most Americans have been there, done that, sometimes dozens of times. Since this week's health topic begins 2023, let's consider why New Year's resolutions to lose weight will most likely fail again.



What is the difference between weight loss and weight management?

Weight loss is simply shedding body weight regardless of how you do it. Weight management is far more complex. It involves the rate of weight loss, whether you're drawing calories from muscle or fat tissue, and weight loss maintenance.

Does dieting work?

In the long term, dieting does not work. To clarify, dieting refers to an extremely rigid way of eating that is unsustainable over time. The Atkins, Keto and Paleo diets spring to mind, but there are many restrictive diets out there. They may work, but only for awhile.

A UCLA study reported that dieting is the biggest predictor of future weight gain and decline in health. Over 90% of people who lose weight on a diet regain their lost weight and add even more fat by the end of the year. What lousy outcomes.

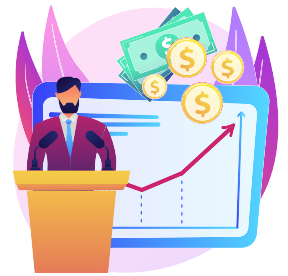


A study done in Finland followed 4000 Finnish twins with the same genetic DNA for 25 years. They followed what happened when one of the twins went on a diet and the other did not. The results? The dieting twins got fatter. Despite poor outcomes, dieting remains popular. If diets worked, there wouldn't be so many. There would just be one - the diet that works.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Sad to say, dieting is a national pastime. Americans spend more than \$60 billion dollars a year on dieting and diet-related products. That's more than the U.S. Federal Government spends on education per year.



What happens when you diet?

Weight loss occurs initially. There could be a 5-10% weight loss in the first six months. Quick results are gratifying, but good luck maintaining them.

If you lose weight quickly and are not engaging in exercise/resistance training, you will lose fat and muscle simultaneously. Also, the body senses danger when there is a sudden caloric deficit. We only have a certain amount of fat and energy reserved for physiological functions, so the body responds by secreting hunger hormones, triggering you to eat more.

Let's say you nobly persevere. You're cranky and miserable but what do you get for your diligence? Now the body slows its metabolism in an effort to conserve energy. Great. Besides making it harder to maintain weight loss, your hunger is through the roof. No wonder many discouraged dieters pack it in.



Why is dieting dangerous?

1. "Yo-yo" dieting (repetitive cycles of gaining, losing, & regaining weight) negatively impacts metabolism and increases the risk of heart disease.
2. Dieters may miss out on important nutrients. For example, dieters often don't get enough calcium, leaving them at risk for osteoporosis, stress fractures, and broken bones.
3. Dieting impacts your mind. When you restrict calories you restrict energy, which in turn restricts brainpower. Medical studies indicate that people on diets have slower reaction times and less ability to concentrate than people not on a diet.
4. Numerous studies link chronic dieting with feelings of depression, low-self-esteem and increased anxiety.
5. Extreme dieting may lead to physical consequences such as loss of muscular strength and endurance, decreased oxygen utilization, thinning hair, loss of coordination, dehydration and electrolyte imbalances.
6. Dieting emphasizes food as "good" or "bad" and may create food obsessions. It does not teach healthy eating habits. Diets rarely focuses on the nutritional value of foods or the benefit of regulated eating.



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7. Unsatisfied hunger increases mood swings and risk of overeating. Dieting and chronic hunger also tend to exacerbate dysfunctional behaviors like smoking and drinking.

8. Diets imply restriction. Psychologically, dietary restraint can lead to greater reactivity to food cues, increased cravings and disinhibition, overeating and binge eating. Biologically, dieting can lead to unhealthy changes in body composition, hormonal changes, reduced bone density, menstrual disturbances, and lower resting energy expenditure.

If dieting doesn't work, what does?

Your goal of being healthier will be tough to achieve if it doesn't include appropriately intense prescribed exercise, eating less calorie dense foods, and drinking less sugar-sweetened beverages.

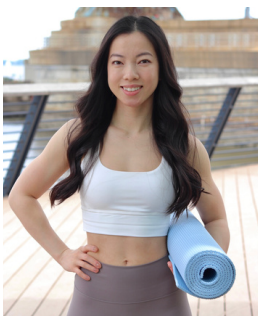


No magic pill or detox diet should allow you to skip the basics. Even people who've had bariatric surgery can gain weight if they don't pay attention to physical activity and what they eat.

Losing weight and being healthy are great goals, but they're vague. What works are targeted, specific plans. Reach out to EPT. We'll help you clarify your intentions and set up a road map with achievable benchmarks along the way.



In closing, a goal without a plan is just a wish. Don't just wish for change in 2023. Let EPT become your plan. Our personal trainers are also certified functional nutritionists. We provide education, accountability and strategies to help you succeed.



This article was contributed by Amy Kha, BS, NASM-CPT, PN1, CFNP. She graduated with a degree in kinesiology which is the study of human body movement. Amy is also a certified personal trainer and functional nutritionist. She not only appropriately challenges her clients in the studio but also combines the art of behavior-change coaching with the science of nutrition. Amy is available for consults. For her bio, please see <https://www.elitepersonaltrainingandfitnesssolutions.com/amy-kha>



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