

5 Keys: Implementing a Weight Loss



1. Complete a comprehensive physical and lifestyle assessment of the client.

What is the client's current fitness level?

- Are there any injuries that require modification of movements?
- What are their lifestyle and dietary habits?
- What is their prior history of weight, diet, and exercise?

What are their needs, preferences, and schedule like?

- What is their day-to-day schedule like?
- Does the client work, and if so, what is their work schedule like?
- How often do they anticipate training each week?
- How much time do they have for training sessions: 30 minutes or an hour or more?
- Is it more feasible for them to work with you in the morning or in the evening?

2. Establish a timeline for the client's training program.

- How long will the weight loss program span? 1 month, 3 months or 6 months?
- What is the frequency of check-ins?
- When will anthropometric measurements be assessed and re-assessed for comparison and a measure of progress?

3. Establish measurement parameters for the client and the frequency of measurement.

- Body weight
- Waist circumference
- Body fat percent
- Lean muscle mass
- Clothing size

4. Identify education needs.

- In which areas would the client benefit from some education, and which of the areas are within scope of practice for you as the WLS?
- Does the client need education on factors that affect weight? Would the client benefit from education on healthy eating guidelines? Do they need a referral to a nutrition professional for in-depth counseling and education?
- Do they need education on the importance of sleep and stress management for weight loss?
- Can the education be provided during fitness training, or should these be addressed before or after a training session?

5. Design modifications.

- What adjustments do you anticipate making in the client's fitness training program?
- If the client experiences setbacks in training, dietary adjustments, and weight loss, what strategies might you consider?
- How would you adjust the program timeline to account for setbacks?

Guide To Implementing The Weight Loss

R Bogdan



Guide To Implementing The Weight Loss:

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