

## Case Study 47-Year-Old Male

The patient, Mr. X, a 5'11" 47-year-old male, has battled weight most of his adult life, and in the past decade, his weight steadily climbed to an all-time high of 228 pounds. After several diet attempts, he was moderately successful at losing weight but failed to maintain a healthy weight for longer than a few months. Counseling and dietary analysis revealed that he consumes primarily healthy food but has difficulty with portion control and timing of meals. He also has psychological issues with food. Mr. X's knowledge of fitness and nutrition comes from Internet research, a holistic nutritionist and fad diet books, resulting in a fair amount of misinformation. Mr. X also has a long history of minor orthopedic injuries often attributed to overzealous and inappropriate exercise attempts.

Mr. X attended Nutrifitness nutrition counseling and exercise sessions regularly — 2x per week for eight months then 1x per week thereafter. Together, we developed a nutrition regimen for Mr. X to incorporate his goals, motivations and lifestyle necessities into nutritionally and medically appropriate recommendations. After consulting his primary care physician and orthopedist, he started an exercise regimen that incorporated resistance training, cardiovascular training, balance, and flexibility. His objectives included reducing overall and centrally located body fat, losing weight, improving cardiorespiratory fitness and strengthening and maintaining muscle (to minimize future ADL and maintain metabolic rate while losing weight).



AFTER 2 YEARS with Nutrifitness, Mr. X began enjoying physical activities with his family (tennis, basketball, hiking and swimming) over the sedentary events he preferred in the past (movies, television and lying on the beach). And after just three years, he has maintained a stable weight and shown vastly improved lab results, all achieved solely through improved nutrition and exercise, without taking medication. The most striking difference is that he now consumes higher quantities of food without dietary restrictions and enjoys occasional desserts, which he had avoided for most of his adult life.

Patient Profile	Before NutriFitness	2 Years with NutriFitness
<b>BMI</b>	31.8 (Obesity Stage 1) ✗	25.9 (Normal) ✓
<b>Body Fat</b>	38% (High Risk) ✗	26% (Normal) ✓
<b>Waist to Hip Ratio</b>	1.18 (Very High Risk) ✗	0.92 (Moderate Risk) ✓
<b>Weight</b>	228 lbs (All Time High) ✗	182-186 lbs (Stable) ✓
<b>Cardiorespiratory Fitness</b>	VO2 Max 26.02 ml/kg/min (Below Average) ✗	39.4 (Good) ✓
<b>Muscle Strength</b>	Good ✓	Improved ✓
<b>Balance</b>	Poor ✗	Improved ✓
<b>Flexibility</b>	Below Average ✗	Improved ✓
<b>Resting Heart Rate</b>	79 (Above Average) ✗	52 (Excellent) ✓
<b>Resting Blood Pressure</b>	138/88 (Prehypertensive) ✗	116/74 (Healthy) ✓
<b>Total Cholesterol</b>	256 (High Risk) ✗	172 (Healthy) ✓
<b>LDL Cholesterol</b>	148 (High Risk) ✗	98 (Healthy) ✓
<b>HDL Cholesterol</b>	38 (High Risk) ✗	56 (Healthy) ✓
<b>Triglycerides</b>	76 (Healthy) ✓	82 (Healthy) ✓