



### Understanding "Set Point Theory":

- The body has a range (10-15%) of where it likes to maintain weight
- Your body will respond if you go too far above this or below this

**REFLECT: Why do you want your weight to be   X   specific number?**

Recommended by someone?

Health Reasons?

Beauty or body image reason?

### Determinants of Set Point:

- 1 - Age
- 2 - Fat Tissue
- 3 - Muscle Tissue

“Typically, the older you are, the better off you are at a higher weight”

**Higher amount of fat on body** → Increased Leptin Production → Appetite lower



**Lower amount of fat on body** → Decreased Leptin Production → Increased appetite

### Impacts of weight loss: Minnesota Starvation Study:

#### Participants of the study developed

- Obsession with food
- Decreased sex drive
- Depression and anxiety

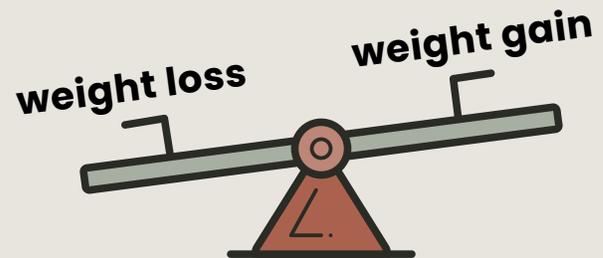


#### Podcast to listen to:

<https://seven-health.com/2021/02/226-minnesota-starvation-experiment/>

"3500 calories "extra" a day  $\approx$  1 # of weight gain  
per week"

**How do we work WITH our body's biology vs AGAINST our body's biology?**



The Selfish Brain & Brain Impact of lack of food intake (aka dieting):

**Our brain is a 3 lb organ requiring 20%-25% of all of our body's energy needs**

- The brain uses glucose as energy (we get this from carbs)
- When the brain is underfed it will pull from these sources:
  - Glycogen (24-48 hours storage available only)(liver)
  - Protein (through the breakdown of skeletal muscle, heart, intestines etc.)

How does the set point theory account for over or under eating?

- Our body responds to influx of calories - will absorb more or less depending what it needs for survival
- The body is constantly trying to maintain equilibrium
- Restriction = increased cravings for highly palatable foods (like donuts, croissants, candy)



“Diets DON'T Work!”

### Why do we gain weight?

#### 1. Hedonic impact of food: the pleasure of eating

- When we continually eat highly palatable food, it can override the body's normal hunger and fullness cues

#### 2. Emotional eating

- Eating frequently outside of our body's energy needs
- Eating food when sad, upset, or frustrated as a consistent way of self soothing can create a feedback loop in your brain

**Labeling food as good or bad can create a reward response in your brain.**

“Inclusivity of all foods results in food neutrality”

#### 3. Chronic Dieting

- Interrupting biological equilibrium impacts metabolism
- Weight cycling can result in higher blood pressure, risk for diabetes and cardiovascular disease

**WARNING**

Dieting is  
**detrimental**  
to your health!



**4 - Sleep deprivation or disrupted sleep**

- Inadequate sleep can cause:
  - hormone disruption
  - increase in stress
- Exposure to blue light **decreases** melatonin production
  - impacts circadian rhythms (increasing fatigue due to lack of sound sleep)



"7-10 hours a night of sleep is recommended"

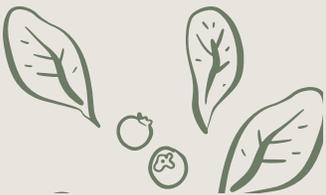
**5 - Starvation: which is the DIET of today**

- Evolution of our bodies - designed to conserve energy (ensures the survival of our species)
- The body is confused - are you dieting? or just starving?

**6 - Stress**

- Evolution: Fight or Flight (needed for survival)
- Our stressors are different now, but our bodies react the same way!

**STRESS** → increases cortisol → increases blood glucose → increases appetite



Reflect:

**1- Read the Minnesota Starvation Study handout, OR listen to the podcast here:** <https://seven-health.com/2021/02/226-minnesota-starvation-experiment/>

**2 - Reflect on past diets that you have tried or attempted. What was the average calorie level?**

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**3 - What have you noticed (behaviors and/or thoughts) that have increased as you have restricted your calories?**

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**4 - What is your "goal weight" with weight loss?**

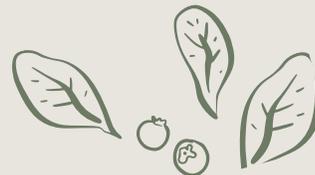
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**5 - How many hours of sleep are you getting per night?**

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### Example:

#### 1 - Work towards getting 7-10 hours of sleep per night

Example:

for 7 hours minimum

Bed by 12 and up by 7

Bed by 11 and up by 6

Bed by 10 and up by 5



#### 2 - Create a weight history chart to the best of your knowledge or memory.

- What was your weight in junior high, end of high school, end of college, age of 30, 40, 50...etc?

Age	Weight	Age	Weight

#### 3 - Compare your goal weight to your weight chart. Do you think your "goal" weight could be adjusted and why?

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Sleeping Goals:

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Movement/Feeding Goals:

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Questions for my Dietitian:

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