

## Case Study #7

How can we efficiently help patients with  
Weight Loss in tight timelines?

# Weight Loss in tight timelines



Rich Wenner, athletes' coach &  
Amber Yudell, nutritionist,  
Arizona State University

Emily's goal:

- Needed to reach 160 lbs by competition day
- Bottom Line: **Needed to lose 10 lbs in 2 months and 1 week (9 weeks)**

**~ 1 lb loss per week**



# Negative Energy Balance Equation

*Caloric Intake*



100%



*My FitnessPal*

*Caloric Expenditure (Total energy expenditure, TEE)*

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Resting (REE or RMR)

Physical Activity

~10% (sedentary)

Indirect calorimetry



*Breezing*



*Pulse One*



*Caloric Intake (CI)*



*Total energy expenditure (TEE)*



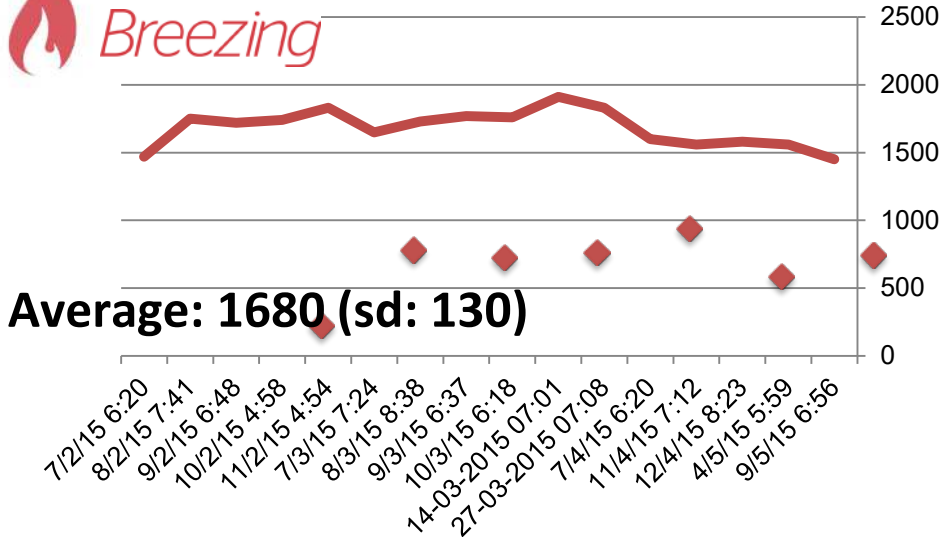
**~ 1 lb loss per week =  
500 kcal/day deficit**

# Weight Loss in tight timelines



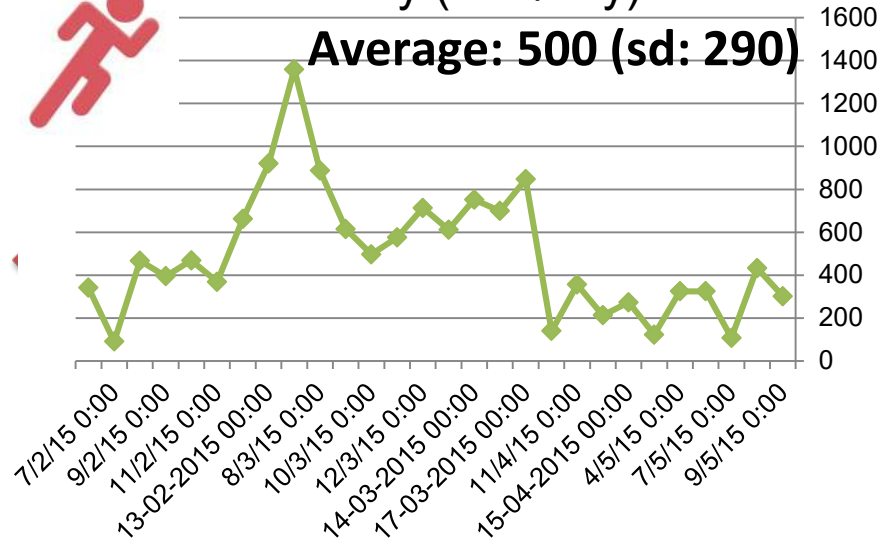
Resting Energy Expenditure (kcal/day)

*Breezing*

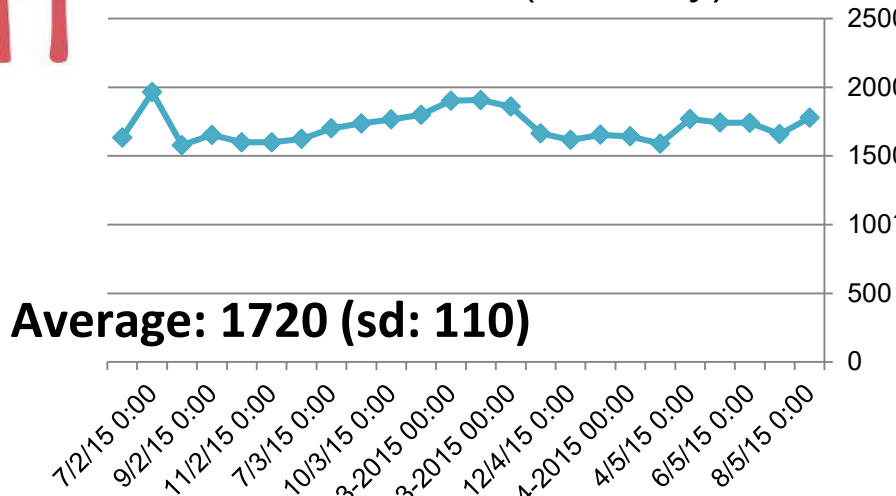


Activity (kcal/day)

**Average: 500 (sd: 290)**

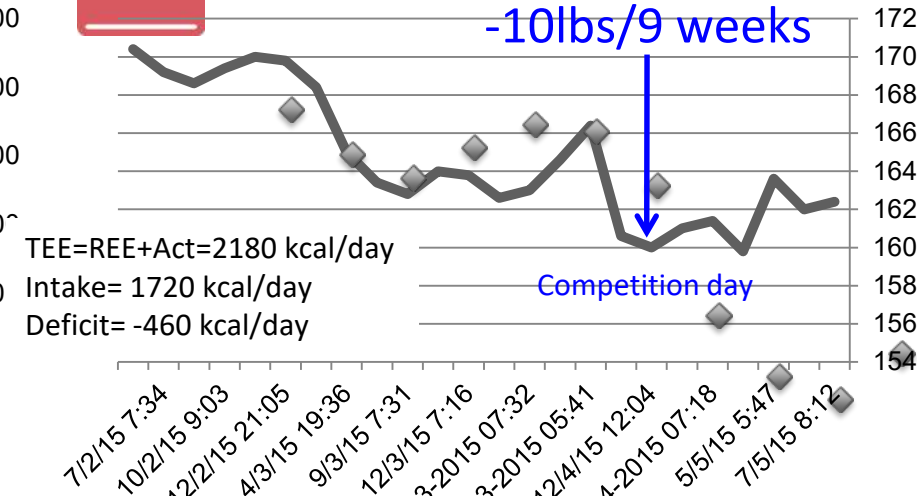


Calorie Intake (kcal/day)



Weight (Lbs)

**-10lbs/9 weeks**



Resting Energy Expenditure (REE) (indirect calorimetry)  
Diet (manually entered), and assessed with MyFitnessPal

Activity (manually entered), and assessed with HR monitor (PulseONE)  
Weight (manually entered)

TEE=REE+Act=2180 kcal/day  
Intake= 1720 kcal/day  
Deficit=-460 kcal/day

# Final Energy Balance after 9 weeks

## Final Energy Balance Equation

*Caloric Intake (CI)*

*Total energy expenditure (TEE)*



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+



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Resting

Activity

**TEE = REE + Activity = 2180 kcal/day**

**Caloric Intake = 1720 kcal/day**

**Deficit = -460 kcal/day**

**Loss from 170 to 160 lbs**



**~ 1 lb loss per week = 500 kcal/day deficit**

# Weight Loss in tight timelines

Emily J achieved her weight goal of 160 lbs in 2 months, and her life's weightlifting record (70 kg, 5Kg over previous personal record)!

She can rescue someone with her own weight now!



# Thank YOU !

Questions to:

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