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# 1. If you had to lose a large amount of weight, what would be the best way to motivate you? Why?

If I was interested in losing a large amount of weight the first motivational factor I think of would not be of health but a personal body image and social norms for the body image that is promoted in the media. While this might set unrealistic goals, the rise in social status based on the image would be the largest incentive anyone could offer me as the perception of the perfect human body is based highly on the social standards set for humans in specific cultural values. While this might be a shallow reason compared to the very high risk of diseases that are related to the obesity I currently do not suffer from any of these so this might be treason for my view. I imagine if I had even on chronic condition that was related to obesity I would put health before the imagined rise in self-esteem and social status from body image. Therefore I realise that I might be partial in the matter and as I know vaguely about the risk that obesity carries unless one has first-hand experiences the impact of those issues on day to day living cannot be comprehended.

# 2. Report on the set task.

The report on the set task is based on my perceptions of the person to be considered and their personal issues and the causation behind the motivation factors in the study.

## Describe the person and their issues.

For confidentiality reasons let us assume the person in question is named Bob and he is male. Bob is a young professional with moderate success in his career and working for a reputed firm in middle management, his job is very stressful and tiring which has him putting in extra hours at work continuously and this leaves him to fatigue to pursue any physical activity in a regular basis. On the other hand, the demand from his hectic schedule is also the cause behind his obesity as he is forced to eat at least 10 meals out of his house every week. Bob strives once a while to eat healthily they usually do not last past a few weeks as the pressure of his schedule and habits forces him to visit his favourite roadside diner on his way back from work. He also has a sweet tooth that has him keeping chocolate bars in his pocket to make up for a time in his schedule that does not allow him enough time for lunch.

## Present your assessment of the situation

In my opinion, the view of the bob is based on his personal reluctance to make time for his physical activity and this is while loosely related to high hectic work schedule is not solely caused by his commitment to his job. While he is not suffering from any weight-related issue at this time if he continues he is likely to develop a number of them in near future. Therefore he needs to make a commitment to his personal health and lose weight and commit to a healthy lifestyle to prevent any future issues in the matter.

## Describe the possible actions

The first possible actions I thought of in the matter was to control his eating habits which were responded with a incredulity as according to bob he has no time making meals in his house and often is too tired from work to cook after coming home (Colquitt et al., 2009). The response to jogging or visiting a gymnasium was even more hilarious as he was clearly unwilling to go to the gym and work out ion his day off as that is the only left for him take care of household chores like laundry and cleaning up. And at a suggestion at least take up some physical activity like hiking or golf was he actually paled and stated that he was a city boy and not interested in leaving the conveniences of the city even for a day.

## What action would you recommend this person takes?

I would recommend the person take a solid commitment to eat healthily and make his meals on weekends and pack them in his fridge to cut down on eating out. While this might be a small step forward I have an assumption that Bob will baulk at the extra effort and he would need some strong motivation for this effort to take root before he accepts any more healthy living suggestions.

# 3. Suggest why it is important for a nutritionist to regularly check information on diet and nutritional guidelines.

It is important for a nutritionist to regularly check information on diet and nutritional guidelines as there are new discoveries on the various health effects and new organic diets with high impact on the health of the person. Therefore, this would help the nutritionist to keep up with the latest knowledge about the nutritional value of the new food items and allow them to help the clients to live healthy lives with updated information that might relate to their pre-existing or possible health issues (Bugel et al., 2015). Therefore, being armed with current knowledge research findings of the foods and their related health impacts the nutritionist would be better armed to help provide specific instructions to his clients which would be a helpful professional skill.

# 4. Choose one of the suggested ways which may be implemented to treat obesity. List the advantages and disadvantages of your chosen treatment method.

The dieting is the possible suggestion for the person as he is averse to physical activity and extremely busy to take part in regular physical recreation. However, there are several advantages and disadvantages of dieting listed below

**Disadvantages**

* The possibility of gaining more weight if there is not a physical activity involved with the diet (Kaur, Eibl & Jewett, 2018)
* Possible muscle loss and dehydration because of the diet control
* Possible immunity issue because of loss of micronutrients (Reedy et al., 2014)

**Advantages**

* Develop self-control for long-lasting commitment to healthy living (Reedy et al., 2014)
* Reduction in fat and minimise the risk of associated diseases (Glick-Bauer & Yeh, 2014)
* Increase in energy might motivate in physical activity