

SHAPEU LIFESTYLE

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HEALTH, LIFESTYLE AND WELLBEING



VOLUME |

PROGRAM

Introduction

Welcome to ShapeU lifestyle Short course, what you can expect from this course is the basic understanding and best practises of small and easily adaptable activities that will encourage better lifestyle habits, improve your mental fitness, emotional fitness and of course your physical fitness. We want to guide, support and teach you how to improve your over health and this in turn encourages happiness, better relationships, better professional performance.

A **healthy lifestyle** has both short and long term **health** benefits. Long term, **eating** a balanced diet, taking regular exercise and maintaining a **healthy** weight can add years to your **life** and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity as well as improving sexual and other behaviors, resolving drug problems and self-awareness obstacles.

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UNDERSTANDING THE HUMAN BODY

YOUR BODY IS NOT A MAN MADE MACHINE BUT IT IS A MACHINE

➤ HOW MUSCLE IS CREATED?

Our bodies naturally have muscles, if we didn't have muscles we wouldn't be able to do just about anything. Muscles help us walk, talk, sit, stand, give birth and see. Muscles work as groups there is always a PUSH and a PULL.

By adding resistance to a muscle group is what promotes muscle growth. TIME UNDER TENSION

➤ HOW IS EXCESS FAT STORED IN THE BODY?

The normal **fat** cell exists primarily to store energy. The **body** will expand the number of **fat** cells and the size of **fat** cells to accommodate **excess** energy from high-calorie foods.

So if you're eating high calorie foods, it doesn't necessarily have to be taken away, it can also be foods high in salt, or sugar, high in carbs, if your taking in more calories than your body is burning then your body will be forced to create more fat cells. SO ITS NOT THE FOODS YOU EAT, ITS HOW YOU EAT IT.

THE BODY STORES FAT AS A MEANS OF PRESERVING ENERGY AND IS USED WHEN YOUR LOW ON CARBS.

➤ WHAT IS METABOLISM AND WHY IS IT IMPORTANT?

Metabolism: The whole range of biochemical processes that occur within a living organism. **Metabolism** consists of anabolism (the buildup of substances) and catabolism (the breakdown of substances). The term **metabolism** is commonly used to refer specifically to the breakdown of food and its transformation into energy.

SLOW METABOLISM- Means it takes a person much longer to break down the foods they eat.

FAST METABOLISM: Means a person quickly breaks down the foods they eat.

➤ HOW MUCH WATER DOES YOUR BODY NEED?

There are **many** different opinions on **how much water** you **should** be drinking every day. Health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon. This is called the 8x8 rule.

Why does our bodies need water?

Your body uses **water** in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because **your body** loses **water** through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain **water**.

Water vs Juices

When you drink enough **water**, your body locks the moisture for a longer period of time. This, in turn, improves your skin texture and helps you get a glowing skin. Though fruit **juices** also provide you with the essential nutrients, **juices** contain a large amount of naturally occurring sugar which is harmful to your skin.

➤ HOW MUCH FOOD/CALORIES YOUR BODY NEEDS

Your body needs calories for energy. But eating too many **calories** — and not burning enough **of** them off through activity — can lead to weight gain. Most foods and drinks contain **calories**.

THE AVERAGE MAN AND WOMAN

An average woman **needs** to eat about 2000 **calories** per day to maintain, and 1500 **calories** to lose one pound of weight per week. An average man **needs** 2500 **calories** to maintain, and 2000 to lose one pound of weight per week.

WHAT ABOUT IF YOU'RE NOT AVERAGE??

A "NOT AVERAGE PERSON" would be someone that exercises 3 or more times per week, someone with very high stress levels, a pregnant woman, someone living with eating disorder, someone with metabolic disorder or other various types of physiological, emotional or mental illnesses.

WHY??

Because their eating habits and daily activities and mental awareness is different, because of certain physical, mental or emotional disorders the body will in some cases process things differently, require more or less calories, require different source of energy because of how they live day to day based on activity levels and the body's response to certain foods and chemicals both internally caused by the brain and externally caused by what we eat and drink.

➤ HOW MUCH SLEEP IS REQUIRED?

Sleep plays a vital role in **good** health and well-being throughout your life. Getting enough quality **sleep** at the right times can help protect your mental health, physical health, emotional health, quality of life, and safety. ... During **sleep**, your body is working to support healthy brain function and maintain your physical health.

WHAT ARE SOME COMMON BENEFITS OF ENOUGH SLEEP?

- Get sick less often.
- Stay at a healthy weight.
- Lower our risk for serious health problems, like diabetes and heart disease.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and at work.
- Get along better with people.

HOW DOES SLEEP HELP OUR BODY?

It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health. Research shows that lack of **sleep** increases the risk for obesity, heart disease and infections. ... Your **body** releases hormones during **sleep** that help repair cells and control the **body's** use of energy.

LACK OF SLEEP?

If you don't get enough **sleep**, your body may not be able to fend off invaders, and it may also take you longer to recover from illness. Long-term **sleep deprivation** also increases your risk for chronic conditions, such as diabetes and heart disease.

FEW CONDITIONS CAUSED BY LACK OF SLEEP

- We lose our sense of balance and awareness.
- Makes us very forgetful
- Makes us angry and irritable
- Causes depression and anxiety
- Makes us delusional
- Kills sex Drive
- Makes us open and defenseless to illnesses
- It ages our skin
- Will cause serious health problems

SO! WHAT DO I RECOMMEND?

Well studies say 8 hours across the board for all age groups is minimum required. but as for me everybody is different, its based on your age, lifestyle, eating habits, fitness levels, hormonal levels, etc. Some people can get fully recharged after only 4 hours where as some needs 8-10 it's all about where you feel comfortable and where you feel recharged and ready to take n the day.

➤ HOW DOES YOUR BODY CHANGE WITH AGE?

1. All vital organs begin to lose some function as you **age** during adulthood. Aging changes occur in all **of the body's** cells, tissues, and organs, and these changes **affect the** functioning **of** all **body** systems.
2. Generally, the amount of fat you carry increases as you **age**, while muscle mass, lean tissue, and bone mineral density decrease. Over time, natural fluid loss in your cells alters the tissues and structures they form inside you.¹ These **changes**, in turn, **can** cause visible **changes** to how your **body** looks (and feels).

AT WHAT AGE DOES OUR HEALTH START TO DECLINE?

There is no exact age that your health starts to decline, it comes down to habits, lifestyle, work, food, mental capacity, emotional capacity, physical activity, rest and recovery etc.

How Health Declines with Age

It is a fact of life that health declines with age. When people are asked to rank their health status on a 5-point scale (where 1 is excellent and 5 is poor), the average response for men rises from 1.75 at age 20 to 2.5 at age 60. For women, there is a similar but somewhat smaller increase, from 2 to 2.5.

This initial finding from **Broken Down by Work and Sex: How Our Health Declines** (NBER Working Paper [9821](#)) motivates authors **Anne Case** and **Angus Deaton** to explore further the age profile of health. They use data from sixteen waves of the National Health Interview Survey to generate a sample of about 700,000 persons aged 18-60 during the 1986-2001 period.

The authors begin by pointing out an intriguing fact: when the age profile of health is disaggregated by income group, as is shown for men in Figure 1, it is apparent that health declines much more rapidly during the working years for those at the bottom of the income distribution than for those at the top.

The authors suspect that this may be explained in part by occupation - manual work involves more wear and tear on the body, so the health of manual workers may decline more rapidly than that of non-manual workers. To test this, the authors estimate the effect of occupation on the 5-point self-reported health index. They find that having a manual occupation such as machine operator or food service person raises one's health index by about 0.15 points relative to being an executive.

<https://www.nber.org/aginghealth/summer03/w9821.html>

UNDERSTANDING HUMAN BEHAVIOR

WHAT ARE OUR BEHAVIORAL TRIGGERS?

This is a subjective matter (Discussion)

- What we SEE (How do you feel when you see a a person in better shape than you? Or a better lifestyle?)
- What we HEAR (How do you feel when you hear about someone in a better shape than you or living a better lifestyle?)
- What we THINK (What do you think about when it comes to you being healthier and fitter or improving your lifestyle?)
- What we DO (What actions do you take when you SEE, HEAR or THINK about being fitter, healthier and improving your lifestyle?)

- A study on human behavior has revealed that 90 percent of the population can be classified into four basic personality types: optimistic, pessimistic, trusting and envious. However, the latter of the four types, envious, is the most common, with 30 percent compared to 20 percent for each of the other groups.

https://www.eurekalert.org/pub_releases/2016-10/ciuo-aso100716.php

- The way an individual addresses a situation single-handedly or say in a group is influenced by many factors. The key factors influencing an individual's attitude in personal as well as social life are –

- Abilities

Whether or not you have what it takes to do it

- Gender

Maybe it's not a manly or womanly thing to do

- Race and culture

Maybe its frowned upon in your race or culture.

- Commitment

Maybe we're not confident in our commitment or your just not motivated enough.

- Perception

How will other take it, how will others react to this?

- Attitude

Are you optimistic or pessimistic about this forward movement, are you having doubts or your convinced it's the right move.

QUALITY OF LIFE

Good Habits Increase the **Quality** of your **Life**

If you want to **improve** the **quality** of your **life**, you must **do** so using good habits. You have to eliminate bad habits and form good habits. ... These are small disruptive and integrative behaviors to existing routines that helps to boost the **quality** of your **life** in the long term.

12 LIFE CHANGING HABITS TO IMPROVE OUR QUALITY OF LIFE.

1. Wake up early
2. Start with a nutritious breakfast
3. Take 20 minutes or so of mindfulness exercises/Be thankful
4. Set small achievable task for our day
5. Aim to laugh more and find enjoyment and excitement in our day
6. Try to be supportive and helpful to others
7. Take 20 minutes or so out of our day to be mindful and thankful
8. Make time to exercise, relax your mind and release tension from your body
9. Take 30 minutes or more to relax before bed, relax your mind and your body after a long day
10. Make time for romance/have more sex
11. Get to bed early take a moment to be mindful and thankful for your today and prepare yourself for tomorrow
12. REPEAT

IMPACT OF HABITS

Not only are **habits important**. They grow stronger and stronger over time and become more and more automatic. So make sure you have the right ones! **Habits** are so powerful because they create neurological cravings: A certain behavior is rewarded by the release of “pleasure” chemicals in the brain.

WHAT HAPPENS TO THE BRAIN WHEN HABITS ARE FORMED?

Habits are found in an area of your **brain** called the basal ganglia. ... Your **brain forms** neuronal connections based on what you do repeatedly in your life — both good and bad. Every time you act in the same way, a specific neuronal pattern is stimulated and becomes strengthened in your **brain**.

HOW ARE HABITS CREATED?

The **3 R's of Habit Formation**. Behavior change is tough, especially when you're trying to adopt a new habitual behavior. ... Rehearse the new **habit** to set yourself up for success. Repeat the new **habit** enough to times to make it automatic.

➤ THE 3 R'S OF HABIT FORMATION

1. “Reminder” The cue or trigger that starts the habit (Traffic light)
2. “Routine” The action you take/The habit itself (Choosing coffee for breakfast)
3. “Reward” The benefit you gain from doing the habit (Coffee equals energy, saves time to get to work)

WHAT IS THE IMPORTANCE OF GOOD HABITS IN MAINTAINING OUR HEALTH?

It helps us to remain fit and **healthy**. Brush **your** teeth regularly. Take bath every day. Read **good** books that inspires us in a positive manner. Offer prayer to God in the morning. Eat **healthy** food that nourishes **our** body and mind. Engage in physical exercise, aerobics, yoga, etc. Do meditation for some time. Time is money.

HOW TO FORM NEW HABITS?

➤ **Step 1. Pick a trigger for your new habit**

If you want to form a new habit, first you have to identify the trigger that the desired behavior will follow.

Rather than doing what most people do and rely on will power to start a behavior, we're going to take a different approach.

Relying on motivation is a fool's game for forming new habits. Motivation comes and goes, which is why top performers don't manage it when it comes to success. Instead, they make it super easy to start new habits by including them into daily activities they already perform.

This takes the **inconsistency** of motivation out of the equation and allows you to form **consistent** habits.

➤ **Step 2. Make your habits incredibly easy to start and impossible to fail**

As we've discussed previously, we all feel the urge to do too much, too soon after getting psyched up about a new goal. But as we learned, actually achieving your goals is less about the result and all about the day-to-day habits that make it a reality.

So then, the question becomes "how do we make sure we do the necessary behaviors on a consistent basis?" Answer: you make it incredibly easy!!

➤ **Step 3. Reward yourself**

Last but not least, the habit cycle wouldn't be complete without a prize at the end. If there's not an immediate positive result that follows your behavior, chances are you probably won't stick with it (no matter how big the payoff later on). We want to keep doing things that make us feel good *now*.

That's why it's important to always celebrate and applaud yourself after successfully practicing your habit. One way to do this is with positive self-talk. A simple "hell yeah, Jason!" or a "good job" can go a long way. If you're not used to it, this will probably seem weird at first, but trust me, it helps.

Another way is to enlist a partner (perhaps a boyfriend, girlfriend, spouse, friend, whatever) and have them cheer you on. People love helping others out and making them feel good, especially when it's someone near and dear to their heart. Have fun with it in any way you can.

EMOTIONAL FITNESS

Emotional fitness is the idea that the mind needs regular exercise and training just as much as the body if we want to stay mentally and **emotionally** strong and healthy. ... Improving your relationship with your own **emotions** by practicing **emotional** acceptance and validation.

SOME COMMON EMOTIONAL STRUGGLES IN OUR LIVES

- Have you ever wished you could handle stress with a little more grace and a little [less anxiety](#)?
- Do you frequently get the sense that your most important relationships would be stronger and more satisfying if you could get a better handle on your own emotional struggles?
- Or maybe you are about to enter a new phase of life—getting married, having a child, retiring—and want to be as emotionally available and balanced as possible but worry that you're not quite there?

HERE ARE THE 3 KEYS TO EMOTIONAL FITNESS

1. [Train Your Attention Muscle with Mindfulness](#)

Most of what we feel and experience on a daily basis, including our moods, emotions, desires, and motivation is filtered through our thoughts. Which means that how we think about things largely determines how we will feel about them.

For example:

When we choose to focus on that sarcastic comment our co-worker made at lunch, we end up replaying the memory of what happened and rehearsing the entire scene, often many times over. Unfortunately, by choosing to place our attention there, we set ourselves up for an afternoon full of frustration and anger, which more than likely will have negative consequences for our ability to focus on our work and be productive.

2. Eliminate Negative Thinking Patterns with Cognitive Restructuring

Things themselves don't make us feel the way we do; instead, it's the way we think about things that impacts us emotionally.

Here's an example:

Imagine that you're driving down the road on your way home from work when a car appears out of nowhere and dangerously cuts you off. As they're racing past you, a hand juts out the window flipping you off.

Chances are, you're going to feel some pretty strong emotions as a result of this scenario, likely some mixture of fear and anger.

But if we stop and think about it:

- Did the car itself *literally* cause the emotion of fear in you? Or was it the thought of what could have happened had you been hit that scared you?
- Did the driver's middle finger *literally* cause anger in you? Or was it the meaning of what the middle finger represents that got you angry?
- If our thoughts determine the quality of how we feel on a regular basis, that means that by changing how we tend to think about things we can change how we tend to feel about things.

THIS PROCESS IS CALLED COGNITIVE RECONSTRUCTION

3. Build a Better Relationship with Your Emotions with Validation

Many people have terribly unhealthy relationships with their own emotions.

Of course, this isn't surprising given our cultural and societal view of emotions, especially negative emotions. Growing up, most of us are taught to think about negative feelings and emotions as bad things that we need to either fix or avoid.

How to Practice Emotional Validation?

While it can sound technical, the concept of emotional validation is simple: Rather than trying to fix or eliminate our emotions, we can acknowledge them instead.

Here are a handful of techniques you can implement to build up your ability to acknowledge and validate your emotions and begin building a healthier relationship with them:

1. **Label your emotions clearly.** Most of us are surprisingly bad at the simple act of labeling what emotion we're experiencing at a given time. We tend to intellectualize our emotions and use vague, conceptual terminology in order to avoid discomfort. Instead, whenever you feel "bad" or "upset", ask yourself, what specific emotion am I feeling right now? Frustrated? Nervous, Ashamed? Sad?
2. **Notice the complexity of your emotions.** Most of us make the mistake of assuming that we can only experience one emotion at a time. In fact, the vast majority of the time our emotional state involves many different emotions of various intensities. Whenever you find yourself upset, imagine your mood a pie chart, and then ask: *What are the different pieces of this emotional pie and what are their respective weights?*
3. **Practice tolerating and accepting emotional discomfort.** Of course, we don't enjoy feeling sad or anxious or guilty. But negative feelings, no matter how intense, can't actually hurt us. To begin proving this to yourself and building up a tolerance to negative feelings, use a timer on your phone and practice sitting with and accepting emotions for a given time limit. Then, as you get more practiced, slowly increase the duration of your practice.

When practiced regularly, these simple techniques will lead to a stronger, healthier and more balanced emotional life.

MENTAL FITNESS

WHAT IS MENTAL FITNESS?

WHY IS MENTAL FITNESS IMPORTANT?

- A healthy body can prevent conditions such as heart disease and diabetes, and help you maintain independence as you age. **Mental fitness** is just as **important** as physical **fitness**, and shouldn't be neglected. ... **Mental fitness** means keeping your brain and **emotional** health in tip-top shape.

MIND-BODY CONNECTION

- It's no surprise that the more you help your body, the more you help your mind. Physical activity increases the flow of oxygen to your brain. It also increases the amount of endorphins, the "feel-good" chemicals, in your brain. For this reason, it's not surprising that people who are in good physical shape also tend to enjoy a higher level of mental agility.
- Engaging in a vigorous physical workout can help you battle depression and gain a more positive outlook on life. It's also a great way to beat stress, which can harm you mentally and physically.

BENEFITS OF MENTAL FITNESS

(EXAMPLE)

- When you go to bed after a long day, your body begins to relax. But the mind doesn't always follow. Visualization can help. You can often achieve a sense of peacefulness through imagery, the process of picturing a tranquil scene or location. This practice can reduce tension in both your body and your mind by challenging neurons in the less-dominant area of your brain. The less-dominant side of your brain is the area that controls feelings of self-confidence and optimism. When you think about something other than your daily worries, you increase activity in the neural structures of that area of your brain.

Ultimately, visualization can boost your emotional well-being and calm you down mentally.

WAYS TO IMPROVE YOUR MENTAL FITNESS

Keeping your mind mentally fit isn't as difficult as getting ready for a marathon, but it's a good analogy. You can add mental exercises to the many activities you already perform, such as:

- reading
- daydreaming
- finding humor in life

You might try the following approaches to increase your mental fitness.

LESS MULTITASKING

You may think that multitasking enables you to get more things done at once, but it actually creates more problems than it solves. Focusing on one task at a time will improve your concentration and help you to be more productive.

BE POSITIVE WITH YOURSELF

Positive affirmation is one avenue to increased mental proficiency.

Affirmation, or talking to yourself in a positive way, involves strengthening neural pathways to bring your self-confidence, well-being, and satisfaction to a higher level.

To start, make a list of your good qualities. Remind yourself that you don't have to be perfect. Set goals for what you want to improve and start small to avoid becoming overwhelmed.

TRY DIFFERENT THINGS

New experiences can also set you on the path to mental fitness. You can fit new approaches into your daily life in a variety of ways:

- Try new foods.
- Try new ways to accomplish routine tasks.
- Travel to new places.
- Take a new way to work or the grocery store.

According to the [Alzheimer's Association](#), research shows that keeping your brain active increases its vitality. Doing new things in new ways appears to help retain brain cells and connections. It may even produce new brain cells. In essence, breaking out of your routine can help keep your brain stay healthy.

PLAY GAMES

Games that test reasoning and other portions of your brain are fun ways to keep your mind sharp. For example:

- crossword puzzles

- board games
- Sudoku

Games are a great way to build up your brain muscle. Even fast-paced action video games may boost your ability to learn new tasks, according to a study in the journal [Current Biology](#)^{Trusted Source}. The study found tentative evidence that video games may increase your attention span, reaction time, and task-switching ability. In addition to video games, try any game that employs the use of:

- logic
- reasoning
- trivia

READ MORE

Reading is great for your brain. Even as you're reading this sentence, your brain is processing each word, recalling the meaning instantly.

Beyond the mechanics, reading helps you visualize the subject matter on the pages before you, and imagine what voices sound like in the written dialogue. This can also be a great relaxation technique.

Reading is a great activity because it can stoke the imagination and ignite so many different parts of the brain.

MORE ME TIME

Mental fitness doesn't have to take up a lot of your time. Spending a few minutes on it every day can help you feel better and think more clearly. Remember that relaxation and visualization are just as important in a mental workout as the more energetic activities, such as memory

exercises or game-playing. Try adding one or two activities at a time to your mental workout, such as:

- relaxing
- visualizing
- affirming
- memory exercises
- game-playing

PHYSICAL FITNESS

WHAT IS PHYSICAL FITNESS?

Physical fitness is a means of which support and promote health and well-being. It is numerous exercises and activities. It allows us the ability to perform chores and tasks more effectively without sudden tiredness and fatigue alongside protecting us from vast amounts of physical health conditions that occur in life due to age and lifestyle.

Exercise

Exercise definitely improves your fitness. It helps one sustain fitness activities for longer, improves strength, agility and boosts energy levels. Working out at a fitness center or at home are the two ways of doing it. You can run or jog to strengthen your muscles and improve fitness levels. But then, not everybody likes or has time constraints getting in the way of daily exercise. For them, there are several other options to better fitness.

Household chores

We are living in the modern age where technology has made every task easy. Rather than the aid of appliances (such as washing machines and floor cleaners), you should work out elbows a bit. Household chores will work out muscles and keep them in motion.

Move around more at work

If your job is a desk job and doesn't need you to move around much, you must ascertain that muscles are getting the exercise they need. Make it a habit to move around in every 60 to 90 minutes. Instead of chit-chatting during the lunch break, make use of this time and go for post lunch walk with colleagues.

Take the dog out for a walk

Taking pets out for a walk is another way to bring fitness into everyday life. Dogs are tireless characters; you can move around with them for half-an-hour any day. Or, you can also take the dog on a run instead of a walk.

Gardening

You can develop green fingers and reap health benefits. The job of a gardener involves lots of time bending, stretching and lifting. Develop a hobby of gardening and you can burn calories, exercise muscles and improve flexibility only by spending a few hours a week.

Sports/games

Instead of eating and drinking calories when being sociable, hang out with friends playing sports or even just take a walk to catch up on gossip instead of drinking tea and biscuits at a restaurant.

PILLS AND POTIONS

WHAT ARE PROTEIN SHAKES.

- In a nutshell a protein shake or protein powder is essentially a specific mixture of substances that is ideally designed to provide your body with more protein than most people can consume by eating solid protein. Like chicken, meat and fish etc.
- If you could imagine eating one whole chicken would be much harder and over bearing than having one or two scoops of protein powder equal to ingesting 25-50 grams of protein, which is about 2 whole chickens.

WHAT IS THE POINT OF A PROTEIN SHAKE?

- Shakes are simply a convenient way to increase your intake of protein, which is needed to support muscle growth and a host of other bodily functions.
- “Protein plays an essential role in muscle growth, repair and normal function, forming enzymes and hormones, transmitting nerve impulses throughout the body and protecting immune function.
- “During exercise, stress placed on the body results in protein breakdown. Replacing protein after exercise allows muscles to rebuild and recover.”

DIET PILLS

➤ PROS

- There are certain diet pills out there, such as the Alli Diet pills, that have been FDA approved.
- Certain diet pills block a percentage of the fat in the foods that you eat.
- They are not considered addictive drugs. This is because they do not cause compulsive drug-seeking behavior.
- Diet pills are also known for getting rid of those hunger pangs that you may have throughout the day. I have taken diet pills and have found that they make you feel full and there are no more hunger pangs. This can be good for people who have eating disorders and overeat.
- They give you more energy and most of all, if you choose the right diet pill, they can help you lose weight. But in order to lose weight, you cannot just sit around taking diet pills, you have to also combine it with exercise and healthy eating.

➤ CONS

- Excessive gas (EWW!) and oily spotting are only a couple of the cons of diet pills.
- Diet pills have been found to speed up the central nervous system (the spinal cord and brain).
- Some diet pills out there have diuretics or stimulants in them. The diuretics and stimulants are known for causing irregular heart rate, nervousness, sleep problems, seizures, high blood pressure, and even death.
- Losing a lot of weight all at one time could be dangerous.
- You may also have temporary hyperactivity.
- Some of the psychological effects that you could get include sense of euphoria and paranoia.

WEIGHTLOSS SURGERY

Most **weight loss surgeries** today are performed using minimally invasive techniques (laparoscopic **surgery**). The most common **bariatric surgery** procedures are **gastric bypass**, sleeve gastrectomy, adjustable gastric band, and biliopancreatic diversion with duodenal switch.

- BARIATRIC SURGERY- GASTRIC BYPASS - SLEEVE GASTRECTOMY- ADJUSTABLE GASTRIC BAND -BILIOPANCREATIC DIVERSION

Advantages

1. Produces significant long-term weight loss (60 to 80 percent excess weight loss)
2. Restricts the amount of food that can be consumed
3. May lead to conditions that increase energy expenditure
4. Produces favorable changes in gut hormones that reduce appetite and enhance satiety
5. Typical maintenance of >50% excess weight loss

Disadvantages

1. Is technically a more complex operation than the AGB or LSG and potentially could result in greater complication rates
2. Can lead to long-term vitamin/mineral deficiencies particularly deficits in vitamin B12, iron, calcium, and folate
3. Generally, more of less hospital time
4. Requires adherence to dietary recommendations, life-long vitamin/mineral supplementation, and follow-up compliance
5. In the case that a foreign object is used, in some cases those objects might come loose or implode inside the body resulting in surgery to rectify the issue.

<https://asmbs.org/patients/bariatric-surgery-procedures#bypass>