



FITNESS GUIDE

LOSE WEIGHT AND KEEP IT OFF

This guide, developed with the support and guidance of **Holmes Place MD Thordis Berger**, should be used as a complement to the care you receive from your health professional. It is not intended to replace direct interaction with your doctor. We'll address the most common causes of obesity to understand the origin of the phenomenon. With that knowledge, we'll calculate the ideal body weight, always from a health perspective. We'll help you adjust your goals to what can be achieved within reason, and we'll wrap things up with a plan to get you there. Remember it's not about being perfect; it's about being better than yesterday.

IN THIS GUIDE YOU'LL FIND

1. CAUSES OF OBESITY
2. YOUR IDEAL BODYWEIGHT AND HOW TO CALCULATE IT
3. HOW LONG UNTIL YOU SEE RESULTS?
4. YOUR HOLMES PLACE PLAN

01


Causes of obesity

Many factors may influence our bodyweight, some of them being food intake, level of physical activity, medications, and medical conditions. Most people become less physically active with age. Weight gain soon after menopause is very common, due to hormonal changes, resulting in a higher accumulation of fat.

However, experts think that environmental factors are the driving force for the dramatic increase in obesity that we face today.

Environmental factors are the outside forces that contribute to weight gain. They encompass anything in our environment that makes us more likely to overeat or exercise too little.

Sugary sodas and high-calorie, processed foods tend to promote weight gain. Avoiding processed foods that are made with refined starches and added sugar, like bagels, white bread, refined flour and sugary snacks and beverages, without worrying about counting calories or limiting portion sizes, actually showed to be an effective strategy to lose significant amounts of weight over the course of a year.



*Try to eat nutrient-dense,
minimally processed whole
foods, cooked at home
whenever possible.*

Be aware that many low-fat foods are very high in calories because they contain large amounts of sugar to improve their taste and palatability. In fact, many low-fat foods are higher in calories than foods that are not low fat.



HEALTHY AND BALANCED RECIPE IDEAS.

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The World Health Organization identifies insufficient physical activity as one of the leading risk factors for death worldwide. A sedentary lifestyle contributes to obesity, among other diseases. Researches suggest that it is not only essential to increase the level of physical activity and maintain a healthy body weight but to also reduce the amount of time spent being sedentary in general and sitting in particular.

Many features of modern life promote weight gain. In short, today's "obesogenic" environment encourages us to eat more and exercise less.



MINI WORKOUTS

Good news for people who struggle to find time for exercise: every little bit matters, even if your “workout” is broken up throughout the day. To come to this conclusion, researchers who published their results March 23 in the Journal of the American Heart Association looked at data from 4,840 people ages 40 and older who participated in the National Health and Nutrition Examination Survey from 2003 to 2006. People who spent the shortest amount of time in moderate or vigorous activity – 20 minutes or less daily – had the highest risk of dying during the roughly six-year follow-up period. But those who got at least an hour of moderate or vigorous activity cut that risk in half, and those who got at least 100 minutes a day reduced their death risk by 76%. And they didn’t have to get those 100 minutes all at once. Even short bursts of activity at different points in the day added up to reduced risk.

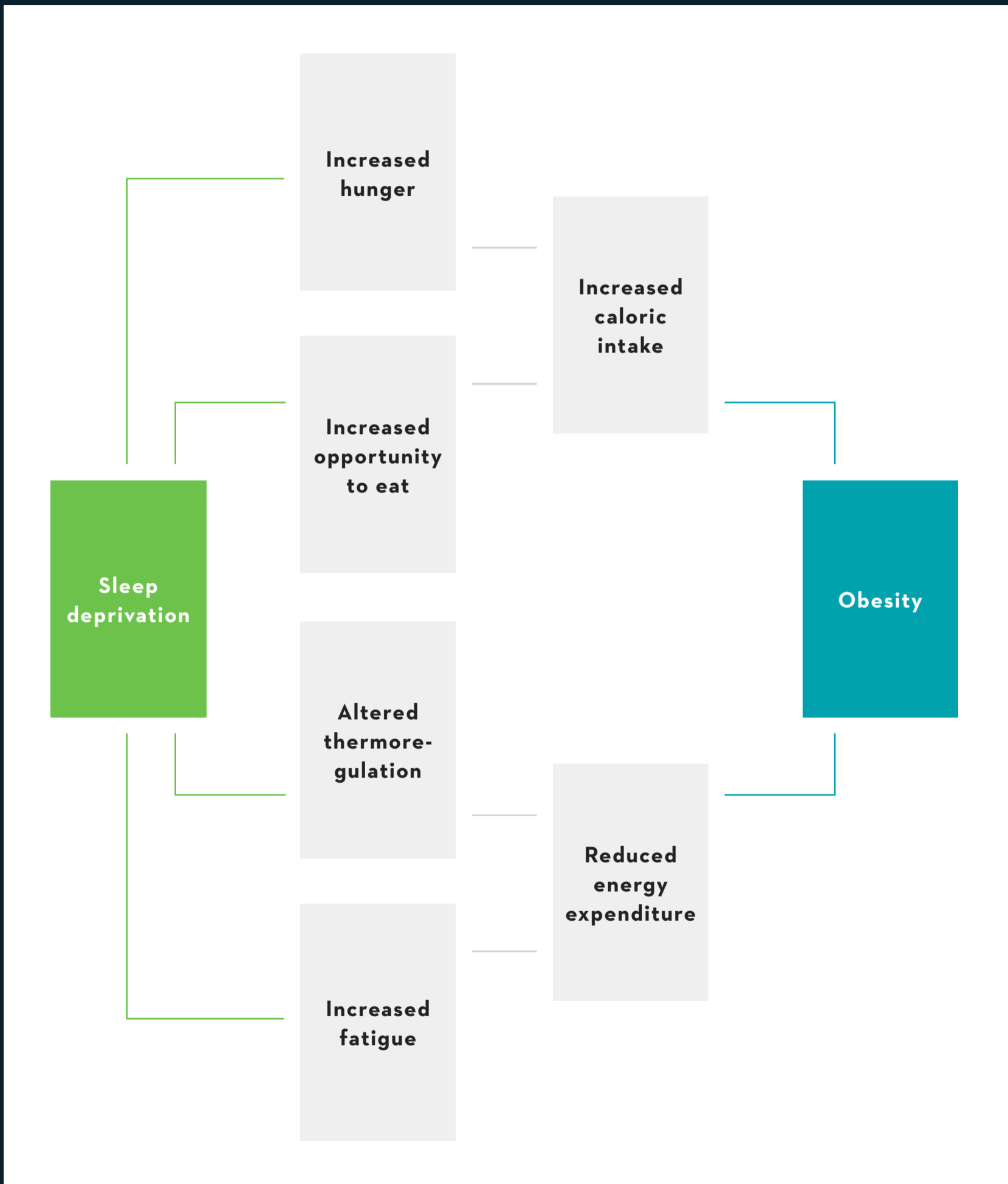


FIND FITNESS THAT FITS YOU. HERE ARE SOME IDEAS TO KEEP ACTIVE WITHOUT WORKING OUT.

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Stress and lack of sleep are intimately connected to psychological wellbeing, which can also affect diet and appetite. The stress hormone cortisol forces your body to store more fat and leaves to crave for high-calorie foods. Lack of sleep contributes to increasing the levels of the hunger hormone ghrelin and decreases the satiety hormone leptin.

POTENTIAL MECHANISM BY WHICH SLEEP DEPRIVATION MAY PREDISPOSE TO OBESITY



Source: "Short sleep duration and weight gain a systematic review", Obesity 2008

The activities listed below promote relaxation and stress relief, allowing the body to relax and stop craving food for comfort.



Yoga and Meditation: Together, yoga and meditation address the body and the mind, reducing stress and trimming the waistline.

Dancing is an excellent exercise, helping to lose weight and increase happiness.



Going for a **massage** relaxes all the muscles and promotes relaxation.

Swimming helps to reduce stress and weight at the same time. It's a great exercise that is easy on the joints.



02

*Your ideal
bodyweight and
how to calculate it*

The subject of Ideal Body Weight remains a hot topic issue because it touches as well as aspects of human health and treatment. Along with the increased risk of type 2 diabetes, heart attack, stroke and osteoarthritis, being overweight also increases the risk of getting several types of cancer. For several treatments, a doctor has to know your weight to calculate the appropriate dosage. Besides, more people have become aware of health and fitness and want to have facts about their bodies, effectiveness of fitness training and efforts towards good health.



THE ORIGIN OF IDEAL BODY WEIGHT

The first person to focus on the Ideal Body Weight (IBW) was Paul Broca (a French Army doctor) who had to establish the IBW weight for soldiers. He discovered and published the called Broca Index* that was applied for about a full century. In his index, Broca only used the height in centimetres, and then subtracted 100 to get the normal weight. Then, 10% of the normal weight was deducted to get the IBW.

Subsequent formulas were built, but the Broca Index failed in some aspects that are important to IBW. For example, it does not consider the current weight, age, and environment among others.

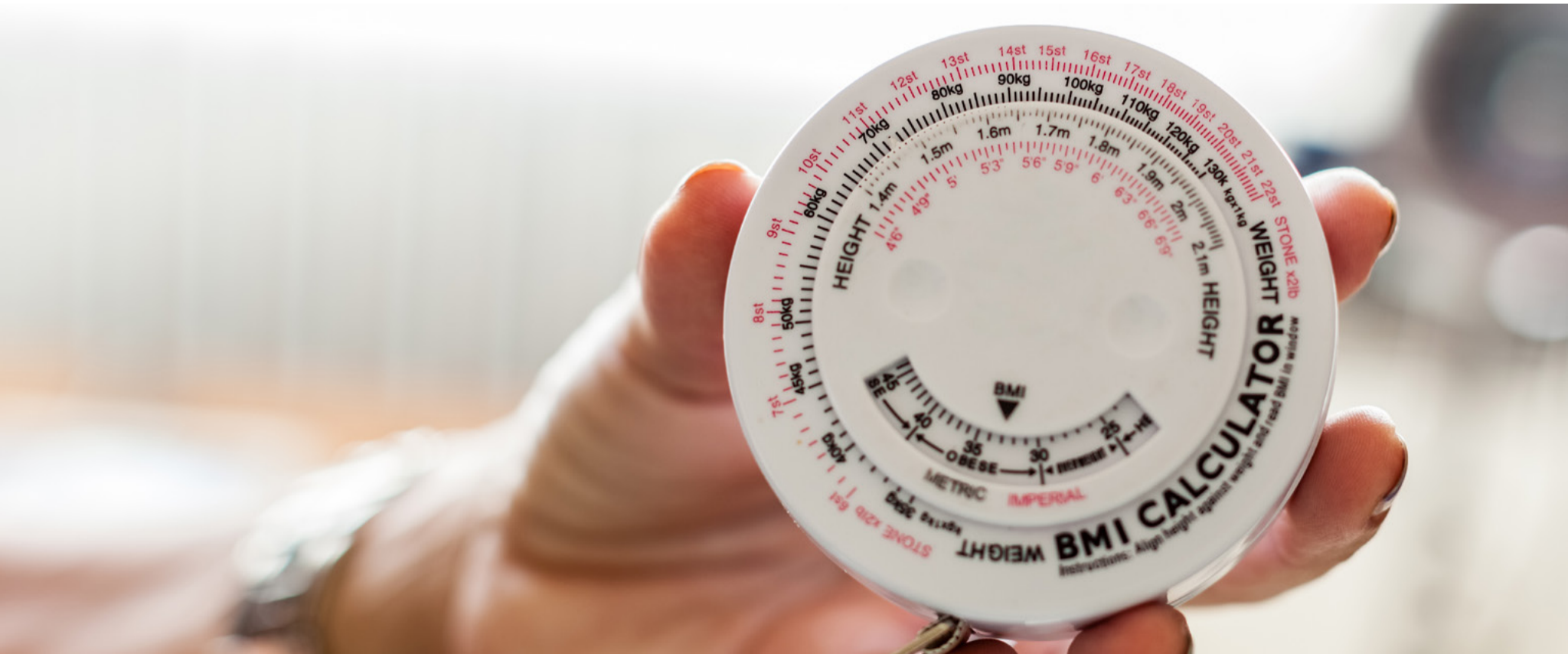
However, most of the following formulae repackaged the Broca Index with only a few additions.

Today, the most reliable method of getting the ideal body weight whether in clinical, educational or field settings is the Body Mass index (BMI).

*BROCA INDEX

Men: Ideal Body Weight (kg) = [Height (cm) - 100] - ([Height (cm) - 100] x 10%)

Women: Ideal Body Weight (kg) = [Height (cm) - 100] + ([Height (cm) - 100] x 15%)



FITNESS GUIDE - LOSE WEIGHT AND KEEP IT OFF

		WEIGHT IN KILOGRAMS																		
		45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	82.5	85	87.5	90
HEIGHT IN CENTIMETERS	145.0	21.4	22.6	23.8	25.0	26.2	27.3	28.5	29.7	30.9	32.1	33.3	34.5	35.7	36.9	38.0	39.2	40.4	41.6	42.8
	147.5	20.7	21.8	23.0	24.1	25.3	26.4	27.6	28.7	29.9	31.0	32.2	33.3	34.5	35.6	36.8	37.9	39.1	40.2	41.4
	150.0	20.0	21.1	22.2	23.3	24.4	25.6	26.7	27.8	28.9	30.0	31.1	32.2	33.3	34.4	35.6	36.7	37.8	38.9	40.0
	152.5	19.3	20.4	21.5	22.6	23.6	24.7	25.8	26.9	27.9	29.0	30.1	31.2	32.2	33.3	34.4	35.5	36.5	37.6	38.7
	155.0	18.7	19.8	20.8	21.9	22.9	23.9	25.0	26.0	27.1	28.1	29.1	30.2	31.2	32.2	33.3	34.3	35.4	36.4	37.5
	157.5	18.1	19.1	20.2	21.2	22.2	23.2	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.2	32.2	33.3	34.3	35.3	36.3
	160.0	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.3	32.2	33.2	34.2	35.2
	162.5	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1
	165.0	16.5	17.4	18.4	19.3	20.2	21.1	22.0	23.0	23.9	24.8	25.7	26.6	27.5	28.4	29.3	30.3	31.2	32.1	33.1
	167.5	16.0	16.9	17.8	18.7	19.6	20.5	21.4	22.3	23.2	24.1	24.9	25.8	26.7	27.6	28.5	29.4	30.3	31.2	32.1
	170.0	15.6	16.4	17.3	18.2	19.0	19.9	20.8	21.6	22.5	23.4	24.2	25.1	26.0	26.8	27.7	28.5	29.4	30.3	31.1
	172.5	15.1	16.0	16.8	17.6	18.5	19.3	20.2	21.0	21.8	22.7	23.5	24.4	25.2	26.0	26.9	27.7	28.6	29.4	30.2
	175.0	14.7	15.5	16.3	17.1	18.0	18.8	19.6	20.4	21.2	22.0	22.9	23.7	24.5	25.3	26.1	26.9	27.8	28.6	29.4
	177.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8	20.6	21.4	22.2	23.0	23.8	24.6	25.4	26.2	27.0	27.8	28.6
	180.0	13.9	14.7	15.4	16.2	17.0	17.7	18.5	19.3	20.1	20.8	21.6	22.4	23.1	23.9	24.7	25.5	26.2	27.0	27.8
	182.5	13.5	14.3	15.0	15.8	16.5	17.3	18.0	18.8	19.5	20.3	21.0	21.8	22.5	23.3	24.0	24.8	25.5	26.3	27.0
	185.0	13.1	13.9	14.6	15.3	16.1	16.8	17.5	18.3	19.0	19.7	20.5	21.2	21.9	22.6	23.4	24.1	24.8	25.6	26.3
	187.5	12.8	13.5	14.2	14.9	15.6	16.4	17.1	17.8	18.5	19.2	19.9	20.6	21.3	22.0	22.8	23.5	24.2	24.9	25.6
	190.0	12.5	13.2	13.9	14.5	15.2	15.9	16.6	17.3	18.0	18.7	19.4	20.1	20.8	21.5	22.2	22.9	23.5	24.2	24.9

UNDERWEIGHT
 NORMAL
 OVERWEIGHT
 OBESITY

It is a calculation that divides people into one of four categories: People who are underweight, with a score of less than 18.5; normal weight, with a score between 18.5 and 24.9; overweight, with a score of 25 to 25.9; and obese, with a score of 30 or higher. Basing this calculation on height and weight alone, however, doesn't take into account a person's bone, muscle, or fat proportions. For example, a person with exceptional muscle tone and low fat (like an Athlete, Bodybuilder, etc.) is more likely to have a higher BMI compared to someone with higher fat and lower muscle tone – this happens because muscle is four times as dense as fat tissue.

Using complementary modes of measurement may give a more accurate and complete indication of health risk, for example:

TAPE MEASURE

To be considered healthy, waist circumference should be less than half of your height. According to the Center of Disease Control and Prevention (CDC), excessive abdominal fat may put you at higher risk for developing type 2 diabetes, high blood pressure, and coronary heart disease. To measure, stand straight and place the tape measure around your midsection just above your hip bones along the belly button. Relax, do not suck in your gut, and do not compress the tape tightly around the waist.

BIOELECTRICAL IMPEDANCE SCALE

This scale is equipped with electrodes under each foot, which shoot tiny electrical impulses up throughout the body, and measures how quickly those impulses return to the device. Lean tissue conducts electrical impulses faster than fatty tissue, allowing the device to measure fat composition by the speed of the impulses return. The faster the response time, the leaner the physique.

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03

How long until you see results?

Weight loss will depend on many factors such as your starting weight and body mass index (BMI), age, gender, health and how well you follow diet and exercise recommendations. For this reason, weight loss results vary from person to person.

A guide to follow for safe and sustainable weight loss is to aim for 0.5-1 kilogram per week. In order to lose one kilogram per week, you would need to burn and reduce your dietary intake by approximately 1,000 calories per day.

This may sound at first completely unachievable, but it equates to a one hour HIIT session (around 800 calories) and eating one less snack (approximately 200 calories).

A photograph of a woman with long dark hair, wearing a white top, looking down at a mechanical scale. Her hands are on the scale's beam, which has markings for 25, 30, and 35. The background is blurred.

Knowing that there are 3500 calories in one pound of body fat makes it simple for you to estimate your expected weight loss based on your daily calorie deficit.

For example, if you are only consuming 1500 calories per day and expending 2500 calories per day, then you are creating a daily deficit of 1000 calories per day. At the end of one week, you will have created a 7000 calorie deficit which, when divided by 3500 calories, means you will have lost two pounds for that given week. Please keep in mind, water and hormone fluctuations can also affect your body weight. But if you keep your caloric deficit between 500 and 1000 calories per day, on average, you will lose one to two pounds per week.

These are some weight loss changes that you're likely to see and a sample timeline of when you're likely to see them if you stick to a healthy reduced-calorie eating plan and a moderate exercise program.

Week one: You're likely to feel better, but not see significant changes in your body.

Week two: you're likely to start to see changes in the way your body looks and feels. Exercise starts to feel easier

Week three: you will notice that your clothes feel looser and fit much better

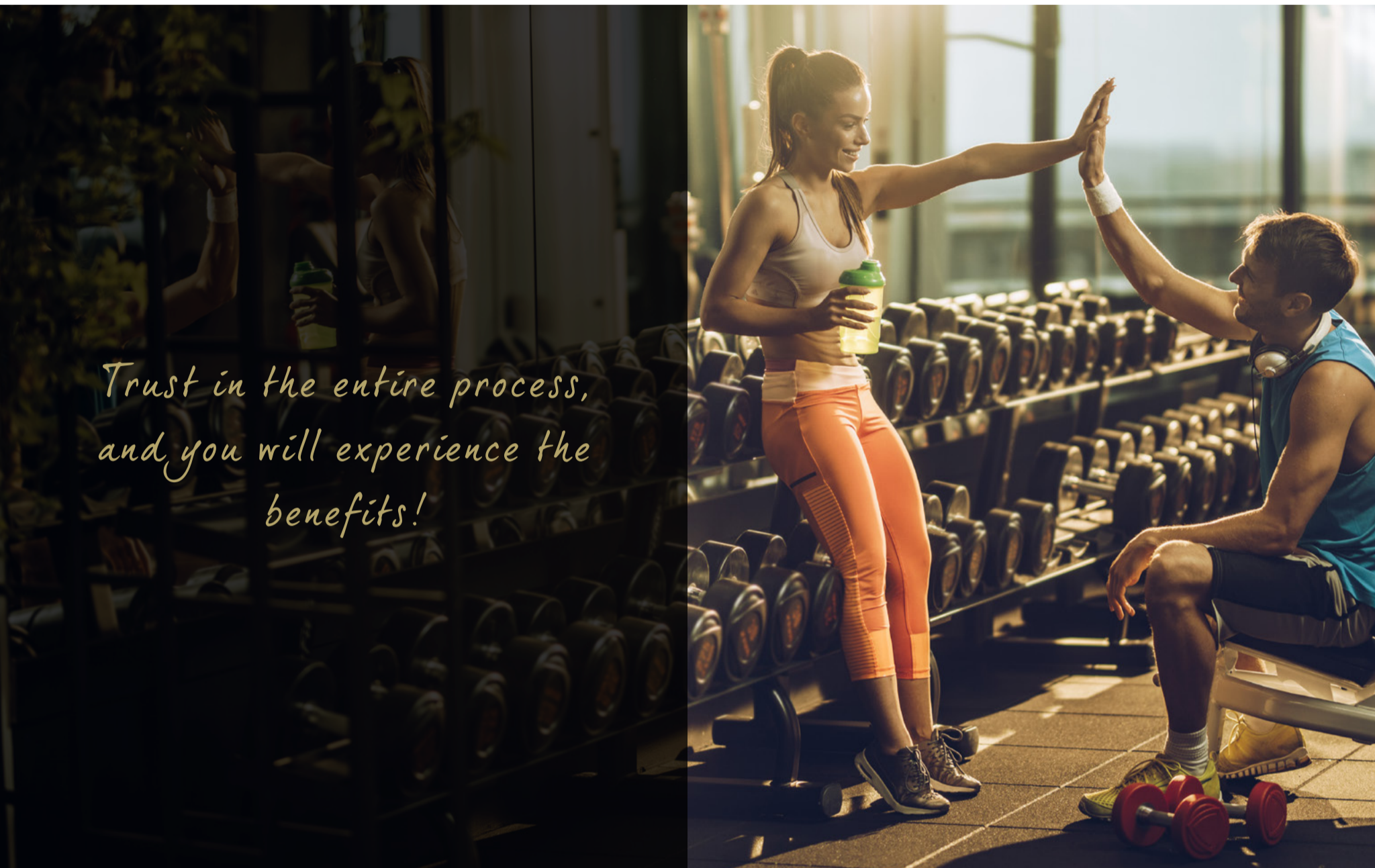
Week four: it is very possible that you've lost enough weight (safely) to be a different clothing size.

After week four your new eating habits ideally start to become a routine.

Depending on the amount of weight you have to lose, you may begin to return to an adjusted eating plan for weight maintenance.

Remember that a new clothing size and a smaller number on the scale are not the only benefits of weight loss. Weight loss may be just a part of a healthier lifestyle journey, let it not be the complete focus. Nutritious food and exercise provide so many more physical and psychological benefits than most people are aware of. For example, it helps to improved sleep quality, improves mood, concentration, and energy.

If you can see and feel more fully all of the benefits of a healthy lifestyle that will increase self-esteem and motivation you are more likely to stick to your exercise adherence and weight loss plan.



*Trust in the entire process,
and you will experience the
benefits!*

AN ADDITIONAL WORD FROM HOLMES PLACE CHIEF MEDICAL OFFICER, THORDIS BERGER

At Holmes Place, we support a balanced lifestyle, nutritious eating, regular exercise and regeneration because we want our members to be healthy. But we also know that for most of us, appearance matters (to some degree) as well. So, when you are looking for your weight loss results after a few weeks of dieting and exercise, be kind and patient with yourself. Each person's body is unique, and the rate at which you lose weight may be different than it is for someone else. Stay consistent and remind yourself of the many benefits of reaching and maintaining a healthy weight so that you stay motivated for the duration of your journey.

04

*Your Holmes Place
plan*



Physical activity benefits for adults and older adults

-  **BENEFITS HEALTH**
-  **IMPROVES SLEEP**
-  **MAINTAINS HEALTHY WEIGHT**
-  **MANAGES STRESS**
-  **IMPROVES QUALITY OF LIFE**

REDUCES OF CHANCE OF

- TYPE II DIABETES -40%**
- CARDIOVASCULAR DISEASE -35%**
- FALLS, DEPRESSION AND DEMENTIA -30%**
- JOINT AND BACK PAIN -25%**
- CANCERS (COLON AND BREAST) -20%**

What should you do?

FOR A HEALTHY HEART AND MIND		TO KEEP YOUR MUSCLES, BONES AND JOINTS STRONG		TO REDUCE YOUR CHANCE OF FALLS	
Be active		Sit less	Build Strength	Improve balance	
VIGOROUS		MODERATE			
	RUN		WALK		TV
	SPORT		CYCLE		SOFA
	STAIRS		SWIM		COMPUTER
	GYM		DANCE		YOGA
	TAICHI		EXERCISE BALLS		CARRY BAGS
MINUTES PER WEEK			BREAK UP SITTING TIME		
75	OR	150	2 DAYS PER WEEK		
VIGOROUS INTENSITY (Breathing fast / difficulty talking)		MODERATE INTENSITY (Increase breathing / able to talk)	SOMETHING IS BETTER THAN NOTHING. Start small and build up gradually: just 10 minutes at a time provides benefit.		
OR A COMBINATION OF BOTH			MAKE A START TODAY: IT'S NEVER TOO LATE!		

CARDIORESPIRATORY EXERCISE

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity activity (five days per week) or 20-60 minutes of vigorous-intensity activity (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate the desired amount of daily exercise.
- Gradual progression of exercise time, frequency and intensity are recommended for best adherence and least injury risk.
- People unable to meet these minimums can still benefit from some activity.

RESISTANCE EXERCISE

- Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.
- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

FLEXIBILITY EXERCISE

- Adults should do flexibility exercises at least two or three days each week to improve range of motion.
- Each stretch should be held for 10-30 seconds to the point of tightness or slight discomfort.
- Repeat each stretch two to four times, accumulating 60 seconds per stretch.
- Static, dynamic, ballistic and PNF stretches are all effective.
- Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

NEUROMOTOR EXERCISE

- Neuromotor exercise (sometimes called “functional fitness training”) is recommended for two or three days per week.
- Exercises should involve motor skills (balance, agility, coordination and gait), proprioceptive exercise training and multifaceted activities (taiji and yoga) to improve physical function and prevent falls in older adults.
- 20-30 minutes per day is appropriate for neuromotor exercise.

One way to burn calories while enjoying your experience is to do what you love, in a fun environment, with people you like, in a place you like. That is why we offer different classes, and we are sure to have something that is your perfect match. Depending on your overall fitness level and the intensity of your effort, here is what you can expect from your favourite Holmes Place group classes.



KICKBOXING 500 - 800 kcal [SEE MORE](#)



AIRFIT 450 kcal [SEE MORE](#)



EUPHORIA 250 kcal [SEE MORE](#)



ICYCLE 700 kcal [SEE MORE](#)



ACTIVATE 200 kcal [SEE MORE](#)



X-CELERATE 450 kcal [SEE MORE](#)



MADE IN BRAZIL 250 kcal [SEE MORE](#)



SPARTANS 650 kcal [SEE MORE](#)



PILATES 140 - 300 kcal [SEE MORE](#)



YOGA 140 - 300 kcal [SEE MORE](#)



BALLET FLOW 200 kcal [SEE MORE](#)



FLOATFIT 200 kcal [SEE MORE](#)

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MIN
Aerobic + Strength Training	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Aerobic + Strength Training	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Flexibility + Neuromotor Exercise	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Flexibility + Neuromotor Exercise	
Total Conditioning		Water Gym Class		Tai Chi class		Zumba	
45 min		45 min		30 min		45 min	165 min

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MIN
Aerobic + Strength Training	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Aerobic + Strength Training	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Strength Training + Flexibility	Restday Remember that a Rest Day does not mean that you are sitting all day long! Stay active anyway!	Flexibility + Neuromotor Exercise	
Total Conditioning		Water Gym Class		Gym + Express class		Zumba	
45 min		45 min		20 min + 10 min		45 min	165 min

A woman with long brown hair, wearing a bright orange tank top, light grey shorts, and orange sneakers, is sitting on a concrete wall. She is holding a green smoothie in a clear plastic cup with a straw. The background is a dark, textured asphalt surface. The lighting is bright, casting a shadow of the woman onto the wall behind her.

*Feeling inspired.
Start your journey with us today.*

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JOIN NOW