

MY ICE-BERG: Getting Started To Address The Root Cause

Unintended weight gain is a **Symptom**

Traditional Weight Management Approach:

Eat Less, Exercise More

But it is not solving the **root cause** of weight gain!

Weight

Root Cause of my weight gain.
(Please circle all that apply to you)

Mental

- Addiction
- Anxiety
- Attention Deficit
- Cognitive Concerns
- Depression
- Disordered Eating
- Emotional Eating
- Grief / Loss
- Poor Body Image
- Sleep Disturbance
- Stress
- Trauma
- Other: _____

Mechanical

- Activity Restrictions
- Breathing Problems
- Gastrointestinal Issues
- Inactivity
- Mobility Issues
- Pain (chronic/acute)
- Sleep Disorders
- Other: _____

Metabolic

- Cancer
- Cardiovascular
 - Heart Disease
 - Dyslipidemia
 - Hypertension
 - Stroke
- Diabetes
- Hypothyroid
- Liver Disease
- Medication Concerns
- Smoking
- Other: _____

Monetary

- Accommodations
- Community Resources
- Employment
- Food
- Medical Supplies
- Medications
- Transportation
- Social Isolation
- Other: _____

Best weight Workshop References:

- Canadian Adult Obesity Clinical Practice Guideline (2020 August). Obesity Canada. Available from: <https://obesitycanada.ca/guidelines/chapters/>. Accessed 21-April-2021
- Freedhoff, Y. Sharma, A.M. (2010) Best Weight: A Practice Guide to Office-based Obesity Management. Canadian Obesity Network. Available from: <https://obesitycanada.ca/wp-content/uploads/2018/07/Best-Weight-Book.pdf> Accessed 21-April-2021
- Dairy Farmers of Canada (2017 April). Let's Talk about Weight- No Size Fit All. <http://obesitycanada.ca/wp-content/uploads/2018/06/let-s-talk-about-weight-no-size-fits-all.pdf>. Accessed 21-April-2021