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### *1st Practical exercise*

## *Awareness – Where am I?*

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### **1. Introduction**

How many times does the affirmation of "I have to start losing weight" continue to be the shield of protection when the subject of the extra kilos appears.

When we talk about obesity but do not do anything to improve, but we try to justify it and downplay it, we are just settling down to comfort our mind in order to stay calm and thus not feel sad, worried or guilty. We are really aware of what happens, but we do not want to and/or we cannot face it. So, what is happening? How do I do it? Before we see what we do, we will analyse where we are with this simple exercise of awareness.

### **2. Target Group**

Obese adults who after repeated attempts to lose weight have not succeeded due to a wrong approach to treatment, therefore their effort has been in vain.

### **3. Key Words**

Frustration, goals, volition and conscience

### **4. Purpose of the practical exercise**

Become aware of the real situation of the patient with respect to obesity. Once the patient becomes aware, he has more clarity when it comes to defining the path towards his goal. For the first time the patient is fully aware of his reality.



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## 5. Specific reason why this practical exercise has been developed

- It is essential to know your real situation so that weight loss planning is effective. The origin of obesity is not evident in many occasions for the patient, that is why a deep awareness of his reality is necessary.

## 6. Cost

0€

## 7. Materials

Papers and pens

## 8. Description & Instruction

The patient must read the three steps and identify in which of them he is.

1st step:

### **Step 1. "What else, I'm not so fat, I still look good."**

With this affirmation we have sown the seed of what will little by little become a leafy tree called obesity. Measureless enjoy the foods linked to a lack of regularity in the practice to moderate exercise is the beginning of the misconduct. It begins then to link "more happiness to more food", sometimes creating dependencies, such as sugar or excesses. At this stage there is no problem of serious weight, but we begin to adopt an erroneous behaviour that surely leads us to a slow and progressive weight gain. In this post we will not talk about metabolism, but for sure, with this behaviour we are designing a machine to store fat in the long run.



### **Step 2. As it goes on like this, this gets out of hand. I have to do something.**

Here we start with small details of alert, such as asphyxia when giving a race, going on vacation and having to rest more than usual, discomfort in daily movements such as personal hygiene and a long list of other details that alert us. That is when we propose to lose weight. Attention! we are before the beginning of obesity; the cycle of the diets begins. Charged with energy we wrongly address the loss of weight and over the years, after making an end of dietary strategies to which stricter, we waste all our energy as if to knock down a wall to punch. Worst of all is the result, after rises and falls of weight, have spent years on dieting and it turns out that I am obese, here something fails.

3rd step:

### **Step 3. Now I understand, I'm sick and it's not a matter of dieting, it's something else.**

After phase two the patient feels dejected and unable to face a weight loss. The innumerable attempts have finished with all their strength. It is now when the patient begins to feel that he has a health problem that has not previously given him the importance that really required, the worst is that to get here we have had to develop and integrate habits that have become part of us, from our day to day. We act, think and proceed erroneously in relation to a healthy life. I like to remind patients that obesity is never quiescent, or improves or worsens, the decision to change that is yours alone. The hardest work with patients is not getting them to do new things, it's getting them to stop doing what they have always done.

## **9. Outputs of the practical exercise**

Awareness of the patient's situation with regard to their problem of obesity.

## **10. Queries & Consideration**



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This exercise should be carried out by the patient with the help of a professional in the field so that the awareness becomes more effective.

## 11. Conclusions

If we know clearly the starting point, we will arrive more clearly at the objective point.