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2nd Practical exercise

Miracles do not exist, there are no shortcuts

1. Introduction

With this exercise we intend to dismantle the idea of rapid weight loss with very strict strategies and miraculous products, which only place us in the constant rise and fall of weight, to move to healthy and real habits that help us maintain a more stable healthy.

2. Target Group

Overweight adults who have reached an awareness but need to internalize their situation regarding their problem of overweight.

3. Key Words

Awareness, reflection, deepening

4. Purpose of the practical exercise

Raise awareness of the wrongness of miracle products.



5. Specific reason why this practical exercise has been developed

The basic reason is to dismantle the idea of losing weight influenced by the current advertising and miraculous products, which focuses on losing weight quickly focused on the aesthetic phase. Consequently, they do not incorporate new healthy habits of life and after a short period of time we return to the initial habits, with the consequent increase in weight.

6. Cost

0€

7. Materials

Paper and pen

8. Description & Instruction

Read the exercise and reflect on the personal situation with the help of a professional.

This exercise must be carried out with the help of a professional in the field, so that this way it is more effective and can be customized better.

Step 1. First phase of the purchase, illusion.

After the advertising siege of slimming products without any basis, they end up filling pantries throughout Spain in early January, with the name "New Year new life" Sometimes they are not consumed and they end up expired in the garbage.

The obese patient is vulnerable and he is in need of believing all those promises offered by these products, this patient needs to satisfy the illusion of achieving his goal after years of failed attempts. Then these products appear with slogans like "lose 7 kilos in 7 days". In that case the patient is weak before the decision to try again, and inevitably try their luck again.



The sadness than mentioned above is that certainly, these shakes, pills and a long list of strategies are unsustainable over time due to the change of behaviour.

The problem arises when we keep fighting and keep the strategy at all costs, no matter how hard it is, in order not to fall defeated. We cannot base our goals in suffering only, as it will produce high levels of anxiety, and end up eating disproportionately to calm this anxiety, we all know as "skip the diet".

Step 2. Second phase of the purchase, this is not worth anything. Loss of value of products

We all buy these products as the solution to all the problems, but we end up trying an infinity of them without losing weight effectively.

These products, together with that illusion, are in many cases responsible for the well-known rebound effect, weight ups and downs that only manage to shake the patient's mind causing a false motivation accompanied by the saddest failure. I do not know what to do? ... this is not worth anything, this is the statement that the patient repeats over and over again after failing a strategy again.

Step 3. Third phase, this time is the final one. Need to try again

Just when we abandon the strategy moved by an uncontrollable anxiety we usually do it with succulent foods rich in sugars but it will not be long before the guilt appears damaging our ego and creating ruminant thoughts like, "I'm failing again, I'm a loser".

As a true champion, the patient tries again, but unfortunately, he is wrong again in the way of approaching obesity. At this point there is a great need to lose weight, in some cases there is an important desperation, returning to be easy prey of miracle products and vulnerable to an exciting purchase of a novel product that promises to lose a lot of weight in a short time.

9. Outputs of the practical exercise



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That the patient understands that miracle products do not have real long-term validity, since they do not incorporate healthy habits that guarantee the maintenance of adequate weight.

10. Queries & Consideration

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

The miraculous products do not change at all the habits that have made you gain weight.