

LifeShape Clinical Results

12 Months Post Program Weight Loss Maintained

The weight loss data of 514 clients who completed a range of LifeShape weight loss programs from 3 months to 12 months was analysed to record the weight they maintained at a minimum of 12 months post completion of their initial program.

Protocol

- 514 clients completed a range of weight loss programs depending on their pre-program weight loss goals
- The programs ranged in duration from 3 months, 6 months, 9 months or 12 months
- Weekly weights and a final weight was recorded for each program
- All clients participated in a range of follow up options designed to keep their initial weight loss consolidated
- The follow up options were flexible such as 5 appointments over 12 months
- The data was collected using calibrated scales and accredited laboratory testing for all blood pathology

Key Data

- 12 months after the completion of all programs the mean weight loss maintained in the study group was 75% of that achieved at the end of the original weight loss programs
- In the 6 month to 12 month weight loss programs group the mean initial weight loss achieved was 14.7kg which by 12 months after the program remained at 10.6kg or 10% weight loss from the original starting weight
- In the 12 week weight loss program the mean weight loss was 7.2kg and at 12 months post completion remained at 6.2kg or 86% of the original weight lost

Weight Loss & Body Measurements

LifeShape Follow Up Data	All Follow Up Programs	LifeShape 6, 9, 12, Month Programs	LifeShape 3 Months Program
Total count	514	373	141
Start Weight (kg)	98.8	104.3	84.0
End Weight (kg)	86.1	89.6	76.8
Weight Lost (kg)	12.7	14.7	7.2
% Weight Loss	12.9%	14.1%	8.5%
12 Months Follow Up Weight (kg)	89.3	93.7	77.8
Weight Loss Maintained (kg)	9.5	10.6	6.16
% Weight Loss	10%	10%	7%
% Wt Loss Maintained	75%	72%	86%

Contact

For more information about the results you could achieve from a LifeShape Program, please call 1800 567 348, email info@lifeshape.com.au or visit lifeshape.com.au/results.