

LifeShape Clinic Real Life Results

Weight Loss and Cardiometabolic Health Improvements for 12 Month LifeShape Program Completers

Data from 63,000 face to face client consultations

Our 12 month program is designed for clients with a goal weight loss of 20kgs and above and consists of 26 to 39 weeks of active weight loss followed by either 26 or 13 weeks of weight maintenance designed to consolidate the lifestyle strategies to maintain weight loss achieved.

Included in the analysis are 1,163 clients (36% male and 64% female) who completed programs over a 16 year period. This involved over 63,500 'face to face' consultations using accredited health professionals, calibrated scales, an accredited digital practice management platform and NATA accredited laboratory testing for all blood pathology.

The average age was 47 with the youngest client 18 years and the upper age was 76.

Key Data

- Weight decreased by 17% of the initial weight which is 70% higher than the oft quoted gold standard of 10% for lifestyle weight loss programs
- Body Mass Index decreased by 15% from morbidly obese to the obese class 2 category reducing relative health risk for mortality by all causes by 25%*
- Waist decrease of 17cm and a 5% decrease in waist hip ratio
- Systolic blood pressure decrease of 10 mmHg and Diastolic blood pressure decrease of 7 mmHg
- Every health parameter measured improved from lower blood lipids and lower fasting blood glucose. In additional studies we have quantified the cardiovascular risk reduction (heart attack and stroke) from weight loss and subsequent metabolic health improvements of 47%

Weight Loss & Body Measurements

LifeShape 12 Month Program	Start	Month 12	% Change
Total count	1163	1163	
Age (mean)	47		
Body Weight Decrease	121	101.6	16%
Weight Lost (kg)		19.6	17%
Body Mass Index Decrease	42	35.2	15%
Waist Decrease (cm)	121	103.7	15%
Waist Hip Ratio Decrease	0.92	0.87	5%

Blood Pressure & Improved Health Outcomes

LifeShape 12 Month Program	Start	Month 12	% Change
Systolic Blood Pressure Decrease (mmHg)	132.9	123.1	7%
Diastolic Blood Pressure Decrease (mmHg)	85.9	78.5	9%
Total Cholesterol Decrease (mmol/l)	5.4	5.0	7%
HDL 'Good Cholesterol' Improvement (mmol/l)	1.3	1.4	3%
LDL 'Bad Cholesterol' Decrease (mmol/l)	3.4	2.9	13%
Blood Triglyceride Decrease (mmol/l)	1.6	1.1	30%
Fasting Blood Glucose Decrease (mmol/l)	5.6	5.2	7%

*Obesity Linked With Increased Risk of All-Cause Mortality New England Journal of Medicine 2010, 363:2211-2219

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.