

# LifeShape Clinical Results

## Weight Loss, Metabolic Health and Cardiovascular Risk Improvements for 12 Month LifeShape Program Completers

The 12 month program was designed for clients with a goal weight loss of 20kgs and above and consisted of 26 weeks of active weight loss followed by 26 weeks of weight maintenance designed to consolidate the lifestyle strategies to maintain the weight loss achieved.

Included in the analysis are 962 clients (46% male and 54% female) who started between the 1st January 2000 and 1st January 2005 with 616 completing the 12 month program. This involved over 32,000 'face to face' consultations using calibrated scales and accredited laboratory testing for all blood pathology.

The average age was 42 and it was an adult cohort.

### Key Data

- Weight decreased by 19% of the initial weight which is 90% higher than the oft quoted gold standard of 10% for lifestyle weight loss programs
- Body Mass Index decreased by 18% from morbidly obese to the obese category lowering health risk for mortality by all causes by 42%\*
- Fat mass decrease of 16.3kg whilst lean tissue was preserved
- Systolic blood pressure decrease of 14 mmHg and Diastolic blood pressure decreases of 11 mmHg
- Every health parameter measured improved from lower blood lipids and lower blood glucose
- The Framingham calculated cardiovascular risk reduction (heart attack and stroke) fell by 40% at 6 months and 47% by 12 months

### Weight Loss & Body Measurements

LifeShape Long data International Congress on Obesity 2006				
LifeShape Long 12 Month Program	Start	Month 6	Month 12	% Change
Total count	962	793	616	
Age (mean)	42			
Body Weight Decrease (kg)	117	101.5	95	19%
Weight Lost (kg)		15.5	21.7	19%
Body Mass Index Decrease	40	34.2	32	18%
Waist Decrease (cm)	119.6	105.3	102	15%
Fat Free Mass Change (Lean Tissue) (kg)	63.7	62.8	62.5	-2%
Fat Mass Decrease (kg)	50.8	39.6	34.5	32%
Waist Hip Ratio Decrease	0.9	0.9	0.9	

## Blood Pressure & Health Outcomes

LifeShape Long data International Congress on Obesity 2006				
LifeShape Long 12 Month Program	Start	Month 6	Month 12	% Change
Systolic Blood Pressure Decrease (mmHg)	135	121.7	119.9	11%
Diastolic Blood Pressure Decrease (mmHg)	88	79.4	77	12%
Total Cholesterol Decrease (mmol/l)	5.5	4.8	5.0	8%
HDL 'Good Cholesterol' Improvement (mmol/l)	1.3	1.3	1.6	19%
LDL 'Bad Cholesterol' Decrease (mmol/l)	3.6	2.9	3.1	14%
Blood Triglyceride Decrease (mmol/l)	1.7	1.2	1.2	29%
Fasting Blood Glucose Decrease (mmol/l)	5.9	5.6	5.5	7%
Framingham CV 5 year % Risk Reduction	1.04	0.6	0.55	47%

\*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](mailto:info@lifeshape.com.au) or visit [lifeshape.com.au/results](http://lifeshape.com.au/results).