



100 lb Weight Loss Case Study: Virginia Moncada

Question: *Can you lose a significant amount of body fat doing only high intensity weight training workouts for ten minutes, three times a week?*

Answer: A resounding “yes!” The average weight loss for the hundreds of clients we have trained over the past 26 years for a period of three months or longer is 25 to 35 lbs. Numbers that are significant given that a considerable amount of muscle is built in the process. Muscle weighs more than fat, so a 25 lbs reduction on the scale- would indicate a far greater amount of body fat lost. While 25-35 lbs may be our median weight loss figures we have had a number of individuals who have lost over 100 lbs- a total of 10 to be precise and in this case study we take a look at one client, Ms. Virginia Moncada who volunteered to be periodically assessed during her period of weight loss.

It is not my practice to measure clients, as our goal has always been to instill the idea of lifestyle change in our clients. A practice where the onus is on the process as opposed to the results- since results oriented strategies face significant drawbacks in the long term and can be inherently counterproductive to sustaining the weight lost. That said, Ms. Moncada took it upon herself to chart and share her progress. I would like to thank her for being the inspiration that she is to all of us.

-Kevin Richardson, Founder, Naturally High Intensity Training™



September 2008- 202 lbs



June 2009- 170 lbs

Presentation

Virginia Moncada began formal training in June of 2008. Ms. Moncada at that time had already lost a total of 43 lbs following our dietary stipulations, and began training in June at a body weight of 237 lbs, already down from her starting weight of 280 lbs.

Ms. Moncada is twenty nine years old, 5 feet 4 inches in height and had an electronically measured body fat percentage of 47% and a Body Mass Index of 40.7, thus qualifying her as being significantly obese.

Ms. Moncada had reached a plateau following only the dietary stipulations and expressed a keen interest in losing a large amount of body fat while building muscle and increasing her overall strength and endurance. She was medically cleared to exercise and began a program of three weekly ten minute high intensity weight training sessions in addition to following the personalized dietary guides designed for her.

Initial Measurement Summary June 2008

1. Height: 5 feet. 4 inches
2. Weight: 237 lb
3. BMI: 40.7 kg/m²
4. Measured body fat percentage: 47%
5. Waist: 42 inches
6. Thighs: 27
7. Chest: 42
8. Arms: 17

Objectives

Large scale studies have found that mortality risk varies with BMI; the lowest risk is found at a BMI of 22.5–25 kg/m [1,2]. A BMI of over 32 has been associated with a two fold increase in mortality rate among women over a 16 year period [2] and since Ms. Moncada presented with a BMI of 40.7 kg/m² all training and dietary considerations were aimed at reducing her body weight, body fat percentage and BMI while increasing her lean body mass. Obesity directly increases the risk of medical disorders, such as type II diabetes, high blood pressure, high blood cholesterol, and high triglyceride levels.[3]

Goal 1: Reduce Ms. Moncada's bodyweight in a steady and consistent manner that allows her to lose the weight and keep it off.

Goal 2: Increase her lean body mass to improve overall health parameters. Reduce her body fat percentage significantly while increasing her lean muscle mass, strength and endurance.

Naturally Intense™ High Intensity Training Program Overview

[The Naturally Intense High Intensity Training™](#) consists of three ten minute high intensity weight training sessions per week that are performed under the direct supervision of a Naturally Intense™ Certified Personal Trainer. The training is phasic in nature, with varying stages of intensity and exercise selection which is modified as the client becomes stronger, more coordinated and builds more muscle mass.

Intensity is determined relative to the individual's fitness level and each workout routine is appreciably different from the last one. Focus is on maximum stimulation of fast twitch muscle fibers and slow twitch muscle fibers and there appears to be an increase in overall endurance from the training, though the mechanism by which this occurs is not fully understood but is documented in other studies.[4,5]

Ms. Moncada was given the standard ten minute workout regime, with no additional aerobic work or extra exercises save what she did in the gym during those ten minutes. Initially she did express some skepticism (which in my experience is always voiced at the beginning of the program since this method of training tends to contradict most popular conventional methods). In keeping with our experience after two weeks of training and her being able to see results in such a short space of time she became very much convinced and dedicated herself to the program wholeheartedly.

Naturally Intense™ Dietary Guides

All dietary plans are created with a strong push towards gradual changes and a holistic approach to eating, with a nutritionally complete dietary recommendations. **There are no supplements or weight loss products involved at any time and their use is strongly discouraged.**

Like all other clients, after an interview and evaluation Ms. Moncada was given a dietary guide designed to provide adequate nutrition calculated for her body energy requirements activity levels. The diet is formulated so that the individual is never excessively hungry or experiencing a sense of deprivation. Whenever there is a prolonged period of hunger or increased cravings for processed foods, the diet is modified as it is a signal that the calculated nutrient and caloric intake has shifted possibly due to an increase muscle mass and or increased post exercise oxygen consumption.[6,7] New evaluations are done based on the client's report and progress and Ms. Moncada was given a total of five new dietary guides during the period- and her adherence to the guides was near perfect- as evidenced not only by her reporting, but her performance and progress.

Case Notes



September 2008: Ms. Moncada lost an initial 35 lbs on the program and is now 202 lbs. She was able to see a real difference in her strength and overall energy level. She reported as well that her mood had improved dramatically and was always in good spirits after the workouts. As predicted, she found it easier and easier to stay on the diet as she went further and further into the program and had no problem following the stipulations, even though she thought she might have had trouble doing so.

December 2008: Ms. Moncada has lost an average of 2 lbs a month since September 2008 and looks radically different from the way she did at the beginning of her weight training. She is now 198 lbs (see picture on left.) During this time she reported being really hungry on two occasions and her dietary guide was modified to account for the changes in her body and dietary needs. After the changes, she reported that following the diet was even easier and she truly looked forward to every workout. She expressed as well a strong sense that she could follow the program indefinitely as there was no strain whatsoever for her to eat well at this point and the brevity of the workouts made them very practical time wise. Her training progress is significant and thus she enters the second phase of training intensity.

February 2009: Ms. Moncada saw a slight drop in her weight reductions from 5 lbs a month but continued to lose weight, albeit at a slower pace. She reported her energy levels as being “through the roof” and said that the only resistance that she ever has to face is everyone else around her that doesn’t believe that she could have lost all that weight without aerobics and only by doing three ten minute workouts a week. Her dietary guide is modified once again and her training is changed as she enters the third phase in the training program.

April 2009: Ms. Moncada is well into the third stage of training and enjoying it as well. She reports that although her scale weight has only gone down by two or three pounds, her waist size has dropped significantly. Her energy levels are high and her weight training performance continues to improve.

June 2009: One year of measured progress: Ms. Moncada is a different person. Her overall self esteem, manner of dress, strength and endurance levels are completely different from when she first started. She reported being very happy and is able to see now that she will indeed reach her goal of being under 150 lbs.

Changes In Body Measurements

BODY PART	8/31/07	10/27/07	5/31/08	10/10/08	10/23/08	11/8/08	1/10/09	1/30/09	2/5/09	2/14/09	03/27/09	06/24/09	8/2/09
ARMS	14.5	14.25	14	13.25	13	12.5	12	12.5	12	13	12.25	12	12
CHEST	52	48.5	48.5	37	37	37	36	35.5	35.5	35	35	35	34
WAIST	43	42	42.5	38	37	37	35	35	35	35.5	35	34.5	34.5
HIPS	51	49.5	49.25	47	46.5	46	44	43	42.75	42	42	41	41
THIGHS	28	26	25	23.5	23.5	22	22	21.5	21.5	22	21.5	21	20
CALVES	17	16	14.5	15.5	15.5	15.5	14.5	14.5	13.5	14.25	14	13.5	13.5

Average weight loss per month: 5.6 lbs

Final Measurement Summary- June 2009



1. Height: 5 feet. 4 inches
2. Weight: **170 lbs** down from **237 lbs**- a loss of 67 lbs plus 43 lbs lost from diet alone=**110 lbs** lost in total)
3. BMI: 29.2 kg/m² down from 40.7 kg/m²
4. Measured bodyfat percentage: 29.5% down from 47%
5. Waist: 35 inches down from 42 inches- 7 inches lost
6. Thighs: 20 inches down from 27 inches- 7 inches lost
7. Chest: 34 inches down from 42 inches- 8 inches lost
8. Arms: 12 inches down from 17 inches- 5 inches lost

Findings

1. High intensity weight training as prescribed within the Naturally Intense™ System does work to reduce body fat and increase muscle mass without the need for aerobic exercise or additional supplements.
2. High intensity training in conjunction with an individually prepared and regularly updated dietary guide works to help individual lose weight and build muscle without having to undergo any sense of deprivation. Thus the weight loss is more likely to be a permanent fixture rather than a temporary fix.
3. High intensity training does increase overall strength and endurance levels.
4. Health coaching, record keeping, and constant evaluation on the part of the trainer increase the likelihood of weight-loss success.
5. Conventional aerobics exercises are not necessary for significant weight loss as three ten minute sessions of high intensity weight training are more than adequate to affect a major decrease in body fat.[6,7]
6. Weight loss supplements are not necessary for significant weight loss.
6. Losing weight does not mean that the subject needs to feel a sense of deprivation, extreme hunger and lack of energy.

Discussion On Conventional Training

Traditional weight loss protocols involving gyms and personal trainers call for an unrealistic amount of time spent at the gym, in addition to the use of aerobic type exercises as a method of weight loss. These factors, along with the use of calorie restricted diets, form the base of what conventional wisdom uses to effect weight loss. Unfortunately, it does little in terms of long term results (it is a known fact that almost ever participant on a calorie restricted diet and training an hour or more over four days a week, will lose weight, but eventually regain it.) Those simply using dietary restrictions, such as reduced carbohydrate or fat intake will also regain the weight after a period of time as all models create systems that cannot be sustained and in the end the individual will regain all the weight lost and return to the eating habits previous and or stop exercising- as they will be over trained following hour long routines and will eventually have what I refer to as 'an organic lack of motivation' to go to the gym. While most see this as a lack of willpower- it is simply a symptom of over training and comes naturally as the body tries to prevent further harm being done by continuing to exercise past the point that it can recover from.

Related Articles:

[High Intensity Training & Weight Loss](#)

[Rethinking The Need For Cardio](#)

[How Muscles Get Bigger & Stronger](#)

[Losing Weight Can Make You Gain Weight: Understanding The Paradox](#)

References:

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7. Bahr R (1992). "Excess postexercise oxygen consumption--magnitude, mechanisms and practical implications". *Acta Physiologica Scandinavica. Supplementum* 605: 1-70. PMID 1605041.

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1-800-798-8420**