

# Workshops in Focus

6<sup>th</sup> Canadian  
Obesity  
Summit

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April 23–26  
OTTAWA, ONTARIO



*Prevention, Treatment and Rehabilitation > Clinical Management*

**Tuesday, April 25, 2019**

**14:00 – 16:00**

## Understanding Weight Regain and How to Manage It

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Weight regain is a major challenge after weight loss for both patients and clinicians. In this 120 min workshop six lecturers will address this problematic, covering multiple aspects of weight regain. The general workshop aims are to disseminate results of research and provide tips to what providers can do to support patients. This will be relevant to health professionals, patients, decision-makers and researchers interested in the long-term management of obesity.

At the end of the session, participants will have a better understanding about:

- Weight regain vs. natural course of weight gain impacts of weight regain and weight cycling
- Physiological and psychological mechanisms involved in weight regain
- Why appetite and hunger levels change after weight loss
- The relation between exercise and energy intake/appetite what providers can do to support patients

### Agenda

1. Does what goes down, must come up? Understanding weight trajectories, weight regain and impact of weight cycling on health
2. Physiology of weight regain
3. Nutrition management of appetite changes after weight regain
4. Physical activity and weight regain: what can we recommend to support patients?
5. Psychological determinants and impacts of weight regain: how to manage it?