



# REETA SHAH

## CASE STUDY - MIDWAY THROUGH 6 MONTHS

**Abstract:**

**Reeta came to us with the goal of getting her health markers in check. She had already gone through a phase of yo-yo dieting and extreme caloric restriction, in which she lost a significant amount of weight but put it on soon after. She was looking for something sustainable, which is why she approached us.**

The client's son approached us initially and conveyed that he wanted his mother to truly understand the fundamentals of nutrition and the importance of training through our coaching program, so she would be able to achieve her goals without needing to go on a crash diet as previously prescribed by another dietician.

The client came on board for 24 weeks, which we segmented into 2 mesocycles of 12 weeks each. The training program was designed for general fitness, and consisted of bodyweight exercises, as well as a few exercises that required the use of dumbbells. Cardio was incorporated in the form of long walks.

The client's nutrition target was set at 1518kcal, and protein target was set at 100g. Throughout the first 12 weeks, nutrition was not tweaked significantly. The client was advised on how to space out meals throughout the week whenever she was fasting on a particular day for religious reasons.

The client's biometrics show a steady incline in weight and fat mass, and a slight increase in lean mass over 3 months. Since Reeta started training with us, she has lost close to 7kg of fat mass and gained roughly 0.5kg lean mass.

The client has been able to consistently hit her daily tasks over the last 12 weeks, and has prioritised her protein intake in spite of being a vegetarian. She has been disciplined with her workouts as well, and is feeling stronger overall.

She is a prime example of how one can lose fat in a sustainable, healthy manner without the need to do excessive amounts of cardio or consume extremely low amounts of food.

Feel free to reach out to her via email [reetashah811@gmail.com](mailto:reetashah811@gmail.com) to hear more about her experience training with TeaMeraki!

***Joined: July, 2021***

***Tenure: 6 Months (Case study made at 3 month mark)***

***Starting Weight: 91.55kg***

***Current Weight: 84.85kg***

***Goal: Fat Loss***

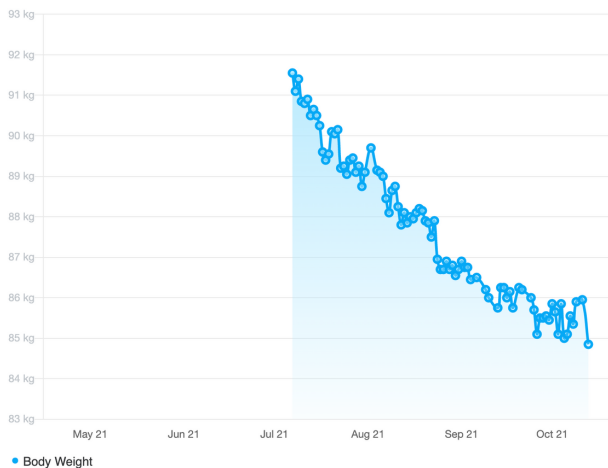
***Change in Fat Mass: 45.96kg to 38.95kg***

***Change in Body Fat Percentage: ~5%***

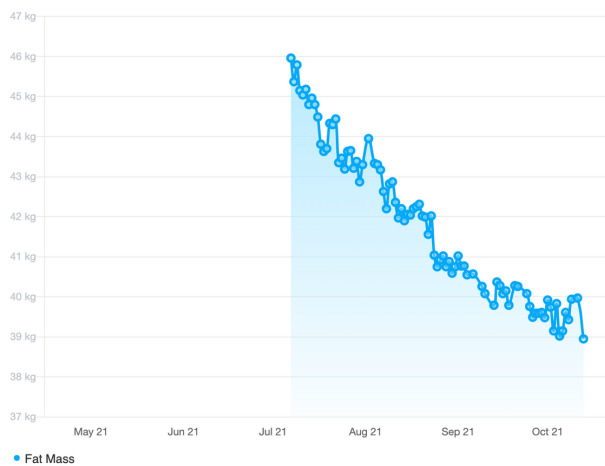
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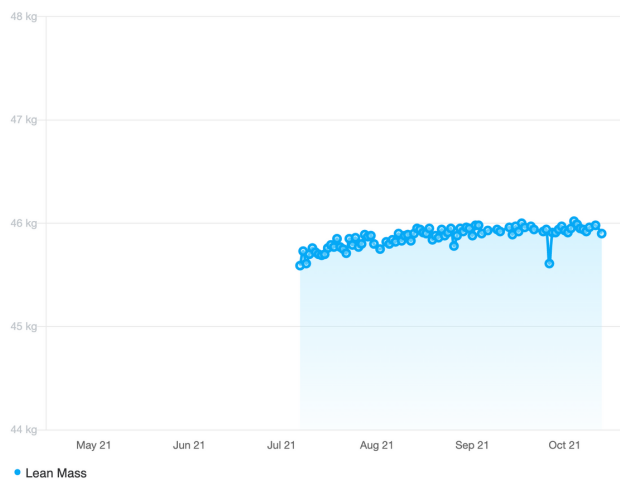
APPENDIX



GRAPH 1: CHANGE IN BODYWEIGHT (12 WEEKS)



GRAPH 2: CHANGE IN FAT MASS (12 WEEKS)



GRAPH 3: CHANGE IN LEAN MUSCLE MASS (12 WEEKS)



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PROGRESS PICTURES

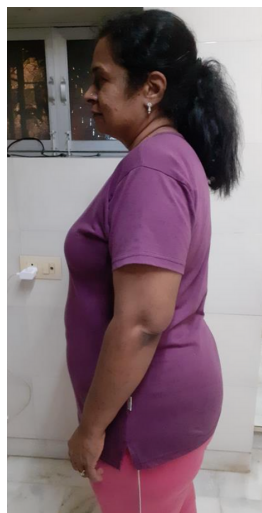
JUL 2021

OCT 2021

FRONT PROFILE



SIDE PROFILE



BACK PROFILE

