

# Rethinking Weight Loss

## Protecting Client Wellbeing in a Weight-Centric World

**Instructor:** Dr. Gabrielle Fundaro, CHC

## Webinar Description & Objectives

**Rethinking Weight Loss** challenges common assumptions about weight as a measure of health and explores the complex realities behind intentional weight loss. This evidence-based presentation highlights how weight stigma and internalized bias can harm physical and mental wellbeing, fueling disordered eating and body dissatisfaction. Attendees learn to weigh the potential benefits and risks of weight loss, recognizing biological adaptations, psychological costs, and performance impacts, especially for athletes. Using the “contact sport” analogy, the session equips coaches with an understanding of the inherent risks and trade-offs that require a nuanced coaching approach. It concludes by presenting weight-neutral approaches that improve health markers and body image without pathologizing body size. Coaches leave prepared to support diverse goals ethically, centering client safety, autonomy, and sustainable wellbeing beyond the scale.

## Learning Objectives

After this workshop, attendees will be able to:

1. Explain the social and psychological impacts of weight stigma and internalized weight bias on client wellbeing and behavior.
2. Evaluate the potential benefits and risks of intentional weight loss, including the biological, psychological, and performance-related considerations.
3. Apply ethical, safer coaching practices and weight-neutral strategies to support client goals while minimizing harm and promoting long-term wellbeing.

## Course Outline

**Course Length:** One (1) Hour

- Overview & Administrative Info
  - Workshop purpose and CEU availability
  - Quiz & course evaluation completion required for CEU credit
- Part One — Why This Conversation Matters

- Weight used as proxy for health, discipline, success
  - Cultural and social expectations shape body ideals
  - Weight stigma and bias: definitions and examples
  - Internalized weight stigma: self-directed harm
- Part Two — Pros & Cons of Intentional Weight Loss
  - Common reasons for pursuing weight loss
  - Potential benefits, risks & realities
- Part Three — Weight Loss as a Contact Sport
  - Analogy: treat intentional weight loss like a high-risk sport
  - High-risk red flags
- Part Four — Weight-Neutral Alternatives
  - Definition and purpose: Shift from weight-centric to behavior-focused health promotion
  - Evidence-based benefits
- Conclusion & Key Takeaways
  - Goal: not to demonize weight loss but to ensure ethical, context-sensitive, harm-reducing coaching
  - Promote informed consent, autonomy, and long-term wellbeing
  - Provide tools that foster trust, flexibility, and diverse definitions of success
- Contact & Further Resources
  - Presenter's social handles and email