

PR2.F – Case Study

How I lost 32 kilos at the age of 12 – Dora’s success story (original video)

<https://youtu.be/t2pByeR32i0>

Description of the Case Study

Dora Cvetković, a 12-year-old girl, shares her experience of losing 32 kilos. The video was recorded in Serbian at the Centre for Sports Medicine and Exercise Therapy, Faculty of Medicine, University of Belgrade. In her testimony, Dora pays attention to several aspects overweight and obese people deal with and she gives details of her gradual weight loss. She starts with explaining how she first noticed she had a problem when she weighed 107 kilos and then continues to talk about her inner struggle, constant food cravings and common mistakes she was making while she was on a diet. The Special hospital ‘Čigota’ with its Centre for prevention, treatment and rehabilitation of obesity in children and adolescents ‘Čigotica’ at Zlatibor turned out to be the right solution for Dora. She tells us about the centre’s three-week program, describes the meals she ate there and physical activities she was supposed to do on a daily basis. In this recording, Dora often emphasises the psychological aspect of being a part of the program, all the difficulties she experienced while she was a participant in the program, but some positive sides as well. At the end of this part, we find out that she lost 11 kg in three weeks, but decided to join a gym when she got back home and to lose more weight. She informs us of her daily routine in the gym where she practises with a personal trainer four times a week. We find out what types of exercises she is prescribed and how she fights food cravings she still experiences from time to time. Finally, she talks about her future plans that include losing several more kilos and then maintaining her weight. She wraps up the story by admitting that she decided to lose weight in the first place so that she could wear the clothes she wanted in the size she desired.



Questions

1. Listen to Dora's experience. Take notes on the biggest challenges and biggest rewards that marked her journey.
2. Based on the FITT principle and the SMART (specific, measurable, achievable, realistic, time bound) goal setting, devise a one week sample exercise regime for teenagers. Explain why you decided to include particular elements.

