

## Case Study 86-Year-Old Female

The patient, Ms. Y, was originally referred by her geriatric physician for help in gaining weight. We worked with Ms. Y 2x per week for three weeks, assessing current intake, collecting information from her Geriatric Care Manager and home health care aids to get the full scope of dietary intake and lifestyle structure.

Upon analysis, we discovered that the patient weighed 132 pounds (17% body fat) and consumed an inadequate diet in both caloric quantity and nutritional balance. We educated and counseled both Ms. Y and her home health care aids on increasing calories, increasing nutritionally dense foods, altering favorite recipes and adding to already prepared store-bought foods. During the assessment, Ms. Y continued to lose weight ultimately descending to a weight of 129 pounds. After three weeks on the program, she began to gain weight at an average of 1/2 pound per week until stabilizing at 138 pounds.

After stabilizing her weight, we were able to gain the enthusiastic permission of her family to address her physical fitness needs. The initial assessment revealed she had substantial muscle weakness, poor balance and poor flexibility. Ms. Y had difficulty getting up from bed or chair without assistance, could not climb even a few stairs and had tremendous difficulty maneuvering through her apartment without assistance. She rarely left the house except for occasionally visits to her doctor.



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AFTER 10 MONTHS with Nutrifitness, Ms. Y can climb seven flights of stairs to her apartment (with a slight hand hold), is able to get up from a chair 40 times in a row, plays catch with a 12 pound ball and takes regular walks in the park without avoiding hills or stairs. She is able to bend down to pet passing dogs and stroll through grassy paths without fear of falling. Ms. Y still has occasional balance issues so she continues to use a cane and walks with aid. However, on the whole, Ms. Y reports enjoying the rediscovery of life outside the walls of her apartment. She maintains her weight in the range of 137-140 pounds.

Patient Profile	Before NutriFitness	10 Months with NutriFitness
Body Fat	17% (High Risk) ✗	21% (Normal) ✓
Weight	132 lbs (At Risk) ✗	137-140 lbs (Improved) ✓
Cardiorespiratory Fitness	Below Average ✗	Improved ✓
Muscle Strength	Poor ✗	Improved ✓
Balance	Poor ✗	Improved ✓
Flexibility	Below Average ✗	Improved ✓