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## Fiji Antony

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### Weight reduction and weight regain prevention

Weight gain happens over the time during different stages of life of human beings. Once it gains over the standard requirement as per age, sex and anthropometry of a human being, it is known as overweight. Once the subject realizes the same, tries to reduce the weight with different ways. Weight maintenance over a period of time is not easy. Regular exercise plays a major role for maintenance of once weight. The most important factor is adaptation of change in cuisine, cooking, life style changes which should not be difficult to adjust. Over the many years in this part of the world with different types of people, it is learned that the more the flexible and regional the diet as per their cuisine, the better is the outcome. The weight reduction at the rate of 1 kg per 7 to 10 days last longer than higher rate. The weight reduction rate may be slow but the weight maintenance is better and thus prevent weight regain.

### Biography

Fiji Antony has been with NMC Specialty Hospital Dubai as the Chief Clinical Dietician for more than 14 years. Earlier she has worked with Ministry of Health Muscat, Sultanate of Oman and also in India. She is practicing as a Clinical Dietitian for more than 19 years. European ESPEN Diploma in Clinical Nutrition and Metabolism from European Society for Clinical Nutrition and Metabolism (ESPEN) is her latest achievement in the year 2016. She has earned her Doctor of Medicine in the year 2005 in Food and Nutrition, Post-graduation in the year 1999 with First Rank in Food & Nutrition and is an ICAR Fellow. She is an active professional in the United Arab Emirates in public media giving radio shows and TV shows, giving guidance to the listeners and viewers. She also conducts workshops and seminars for people in various sectors of the life stream on nutrition and dietetics. She is a Member of ESPEN, AOADA, ASN and Life Member of IDA and IAPEN.

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