



Keywords: Women; Residential facilities; Weight loss; Body composition; Physical fitness; Dietary habits

Introduction

Obesity is a significant public health concern worldwide, with an increasing prevalence among women residing in residential facilities. This population faces unique challenges to weight loss, including limited access to healthy foods, lack of physical activity opportunities, and high stress levels. Despite these challenges, there is a lack of research on weight loss interventions tailored to the needs of women

Case Study 2: Maria, 65 years old, Weight Loss Journey in Residential Facility

Maria was a 65-year-old woman residing in a residential facility for

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