

Persona que ganó peso

Nombre del entrevistado :Carlos

Can you describe what caused your recent weight gain?

Carlos:It had to do with the diet I had.

How has your overall health been affected by weight gain?

Carlos:The truth is that my physical activity has decreased

Have you noticed any changes in your energy levels?

Carlos:The truth is that they have decreased a little

How has weight gain affected your mental well-being?

Carlos: The truth is that sometimes I get discouraged

Have your eating habits changed and if so, how?

Carlos: I have increased the amount of food I eat and fats

Have you experienced any new physical discomfort or challenge?

Carlos: The truth is that it is a little more difficult for me to move my body.

How has your social life been affected by this change?

Carlos: Some people criticize me for this change

What kind of support system do you have in place?

Carlos: some relatives

Have you sought professional help or guidance?

Carlos: I have consulted some nutritionists

What are your exercise routines if you have any?

Carlos: Sometimes I get up to run

How has your wardrobe adapted to accommodate your new size?

Carlos: the truth is that it falls short for me

Are there daily tasks that have become more difficult?

Carlos: not yet at the moment

How do you handle any negative comments or criticism about your body?

Carlos: The truth is that it does lower self-esteem a little.

What positive changes, if any, have you experienced from your weight gain?

Carlos: The truth is that I enjoy the things I do when eating.

Looking ahead, what are your goals regarding your health and weight?

Carlos: The truth is that if I wanted to improve my physical health a little bit