

## **Case Vignette: Alexis**

**Name:** Alexis

**Age:** 32 years old

**Gender:** Female

**Sport:** No main sport but keep fit.

**Level of Competition:** Not competitive

**Primary Goal:** To look healthy and good ahead of wedding.

### **Case Study.**

Alexis met the man of her dreams three years ago, and when he proposed a year after dating, she did not hesitate to say yes. Throughout her childhood and adolescence, Alexis had no interest in sport, in fact she always found PE in school so boring although she was one of the best in her school at dancing which she loved. She has always enjoyed going for walks and doing hikes up mountains. Alexis was always a confident person, and she enjoys a good career as an accountant. However, she felt lost confidence in her body after having surgery (a mastectomy). She enjoys reading about nutrition and has a very good understanding of a healthy diet, but while she can see why a healthy diet might help with her body confidence, she is also aware of the importance of physical activity. She wants to look “fit and healthy” for the wedding and not just “skinny”. Whilst the mastectomy has impacted on her body confidence, it wasn’t something that she felt “preoccupied her thoughts” until a relative spoke to her about “how awful” a bride looked at a recent wedding this relative attended, leaving Alexis thinking “for my wedding it will be all eyes on me”. She is consciously aware that the wedding is 12 months away, so whilst quite a bit of time she is very worried about how she will look for the wedding photos. These thoughts are often overwhelming, and she even talks about cancelling the wedding if she does not look healthy and fit.

Alexis has read extensively about how both anaerobic and aerobic exercise, alongside a healthy diet might help her achieve her goals. However, she says she “freezes” at the thought of going to the gym. She feels that with no guidance on how to use the equipment, she will mess it up and not use the equipment correctly. She feels like she will be embarrassed to ask a gym instructor on how to use the equipment as she knows the children as young as 10 know how to use the equipment with no issues. She also is very anxious about how she looks in a gym clothes and being looked at by the “younger, healthier people who all look amazing”. She has thought of buying baggier gym clothes to “hide my shape” but she just also feels like that is potentially a waste of money and makes her feel depressed. She has thought about going on an extreme diet to lose weight for the wedding, but also thinks that is not the healthy option in the long term.