

# INTERNATIONAL OBESITY, BARIATRIC AND METABOLIC SURGERY SUMMIT AND EXPO

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## Shaweta "Shay" Vasudeva

*Shaythecoach, USA*

### The mind-body integration technique for obesity

This workshop is a hands-on, interactive experience supporting the research of Malkina-Pykh, IG (2012) and the works of authors Wilder, Kris (2007), Kelly, Michael (2001), McCarthy, Patrick (1995) and Milne, Hugh (1995). Their works cover associations between the Mind-Body Connection and the importance of integrating a holistic approach to reach optimal levels of fitness, thereby impacting levels of obesity in individuals. Focus is placed on a health based movement practice within the scope of the client's abilities. The workshop will cover breathing techniques, beginning and simple movement, and the promotion of a positive and nonjudgmental support system. The methods will be taken from personal experience of teaching movement based practices since 2004 successfully with elementary to college aged students. The combination of the three allows for awareness of the human body and

how truly interconnected it is. When we as people eat, we put food into the human body. When we breathe and move, we train the human body. When we connect with other like-minded people, we are connecting to other human bodies. Through this awareness, practice and connection students can start to have a sense of belonging and thereby impacting levels of obesity.

### Speaker Biography

Shaweta "Shay" Vasudeva is a Certified Personal Fitness Trainer, Certified Nutritional Therapist and Black Belt Karate and Tai Chi Instructor for Shaythecoach, a company she founded as a result of her passion to help others become the best version of "SELF." She does this by offering Personal Fitness Training and Nutritional Programs, Karate and Tai Chi classes. She has earned a Bachelor of Arts and Master of Arts in Psychology and has had a very successful career as a Substance Abuse Counselor.

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