



# The Ordeal of Losing Weight

Short animation film project

by

Anindya Kundu

Guide

Nina Sabnani

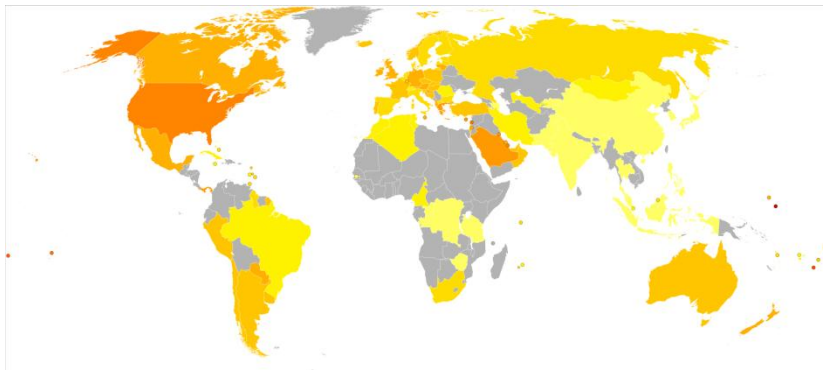


# Introduction

- This short film project is an attempt to capture the trials and tribulations of an obese person who desperately trying to lose weight.
- The primary motivation of the story has been my own weight problems and battle against the bulge. Although losing weight can appear to be a simple “burn more calories than you consume”; its easier said than done!
- Moderation rather than deprivation is the key towards healthy living. Balance is the key to life.

# Facts and Figures

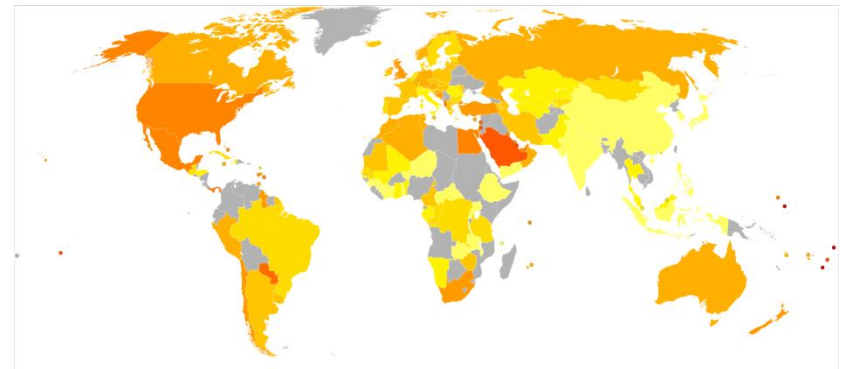
- Technically *obesity* is a medical condition of having excessive body fat which may have adverse effect on health.
- Global prevalence of Obesity is as follows:



Obesity in males



Obesity in females



# Facts and Figures

- Obesity has been recognized as a global epidemic by WHO in 1997.
- It is often attributed to high calorie diet, sedentary lifestyles and genetics.
- It can lead to low self-esteem and medical complications.

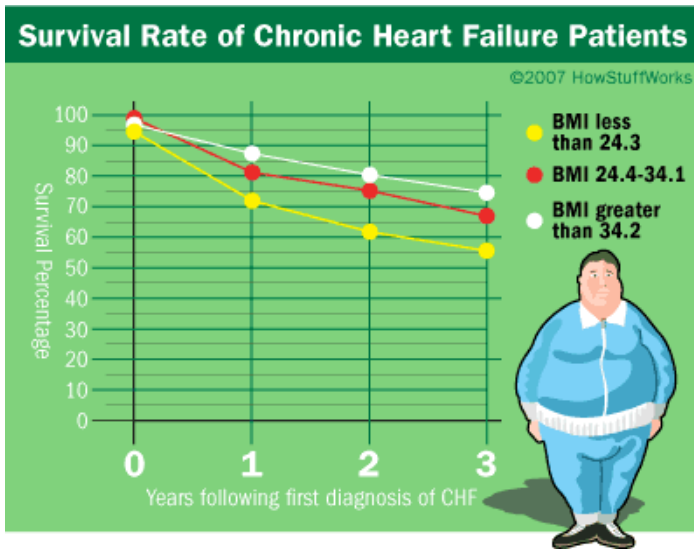


"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

- Exercise and balanced diet is the most effective the long term treatment for it.
- In severe cases surgery is performed like liposuction and gastric bypass surgery, or stomach intragastric balloons are used. But each have adverse side effects.

# Facts and Figures

- There is a correlation with excessive body weight and cardiovascular diseases, diabetes mellitus type 2, obstructive sleep apnea, certain types of cancer, and osteoarthritis.



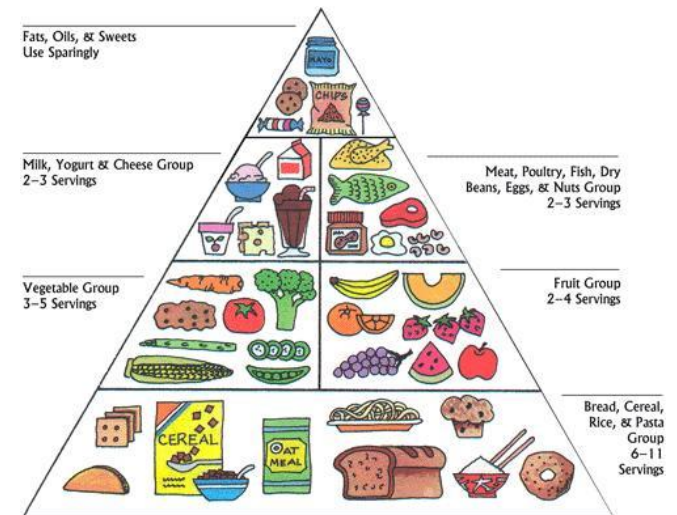
- Strangely, subgroups of moderately fat people fat have better health; observed in heart and renal diseases. This is known as the *Obesity Survival Paradox*.

# Facts and Figures



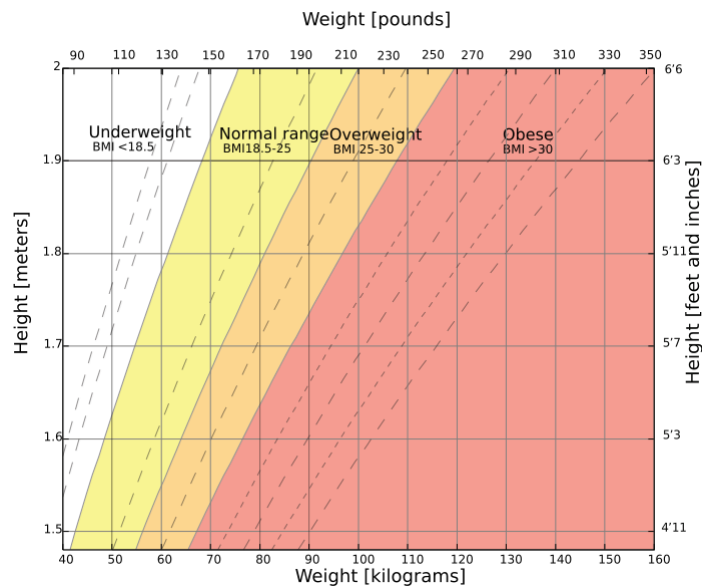
- *Social determinants* : Women of high social class in developed countries are less likely to be obese. But men there don't show any such difference with social classes. In developing countries, men, women and children of higher social classes have greater rates of obesity.

- Diet programs can reduce weight in short term. But in order to maintain the physique, regular exercise to burn calories is essential.
- Popular diets can be divided into *low fat (e.g. Ornish)*, *low carbohydrate (Atkin's)* , *low calorie* and *very low calorie diets*.



# Facts and Figures

- When the body spends more energy than it consumes, first the glycogen in liver gets depleted. Then lipolysis occurs where the catabolism of fat takes place.



- Body Mass Index is a heuristic proxy for human body fat based on an individual's weight and height.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2(\text{m}^2)}$$



# Popular Media

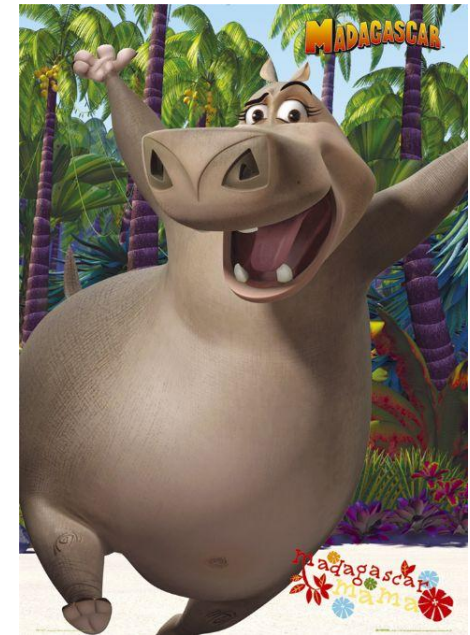
- Looking into popular culture, *Po* from *Kung Fu Panda* is one of the most delightful characters in recent history. He is fat, but is able to achieve his almost impossible dream of being a dragon warrior.



- Laurel and Hardy were one of the greatest comedy teams of early Classical Hollywood era. The fat and thin duo were pioneers with their style of slapstick humour.

# Popular Media

- There are several popular cartoon characters which have won the hearts of their audience. The list includes, Obelix from Asterix series, Gloria from Madagascar and Baloo from Tale Spin and Shrek.



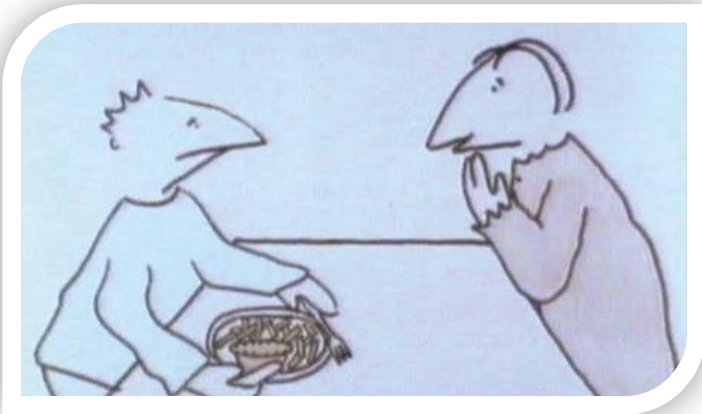
# Weight Loss

- Humans are biologically inclined to crave for sweet, salty and fat tasting foods. It's an evolutionary strategy which helped our early ancestors to survive in adverse environments.
- Scientific study shows that successful weight loss maintainers show greater brain activation in frontal regions and primary and secondary visual cortices. This pattern consistent with greater inhibitory control in response to food cues. Neuro-imaging research on human obesity points to abnormalities in regions associated with reward and inhibitory control of behaviour.<sup>(9)</sup>
- In order to sustain a long term weight loss program, low energy intake is essential. Research suggests this can be achieved by reducing total fat intake, reducing portion size, reducing energy density, and increasing fruit and vegetable intake.<sup>(11)</sup>

# Weight Loss

- Longer duration exercise and constant limited energy intake leads to the maximum weight loss. The amount of time spent exercising is more important than exercise intensity.<sup>(11)</sup>
- Behavioral changes are also crucial and includes self-monitoring, environment modification, changing thinking patterns, self-efficacy and social support. <sup>(11)</sup>
- Due to metabolic and hormonal changes that accompany weight loss, there is a strong tendency to regain weight. Its observed that people who are successful in maintaining weight exercise regularly.<sup>(10)</sup>

# Inspiration



- *'Fatty Issues'* is an animated short film about a woman trying to become slim, but is unable to restrict herself to a strict diet. Its creator Candy Guard, considered *'the most witty observer human idiosyncrasies'* makes us laugh and feel the woes of her.

- *'Little Miss Sunshine'* is an inspiring movie which tells the story of a dysfunctional family which unites on a road trip. One of the major characters, *'Olive'* is a chubby ten year old girl who dreams of being a beauty queen.



# Concept Ideas

- The first idea was to dwell upon the issues of social acceptance and self worth of a fat person. Because women are in general more concerned about their appearance, I tinkered with the thought of making the protagonist a young lady. A chubby girl would face rejection from her social circle and her romantic interest. This would make her reevaluate her priorities in life, and ultimately find happiness.
- Next I modelled my protagonist on a lazy man who suffers from loneliness and finds solace in junk food. He gets attracted to woman who works out in a gym in the neighbourhood. In order to win her attention he joins the gym. But his strict exercise regimen wrecks havoc in his life. He gives up and goes back to his earlier lifestyle, but learns live in moderation.

## Concept Ideas

- In modern urban society, children who are often highly vulnerable to being obese. The fast food giants direct their campaigning towards children who are unable to make healthy food choices. So I made my protagonist a fat boy in his early teens. He finds it difficult to play sports and is teased by his peers. He tries to lose weight and goes through many ups and downs in the process. But after a minor success, he gets a kick and is motivated to live a healthy and active life.

# Concept Art



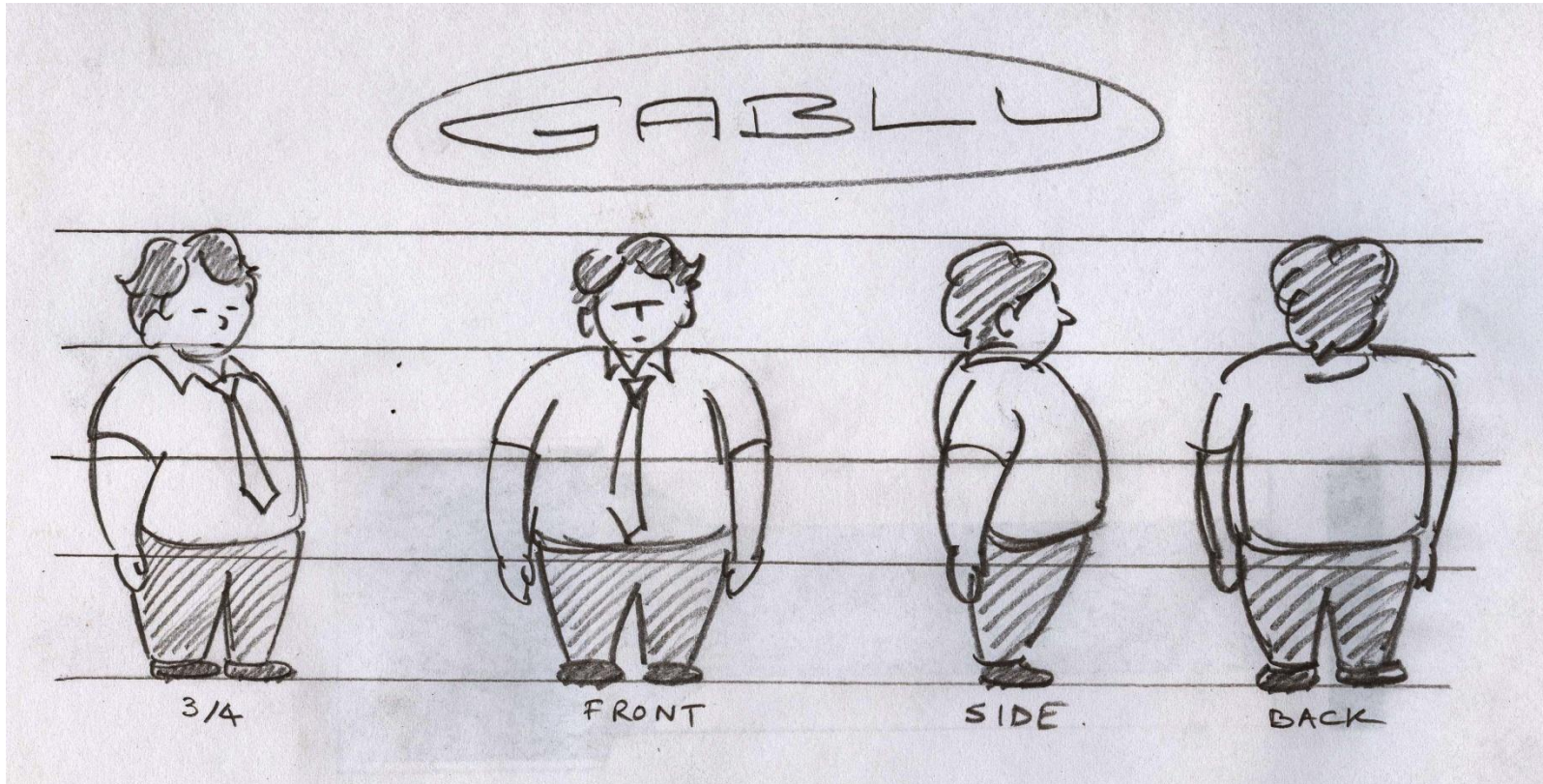
# Concept Art



# Concept Art



# Character Design



# Character Design



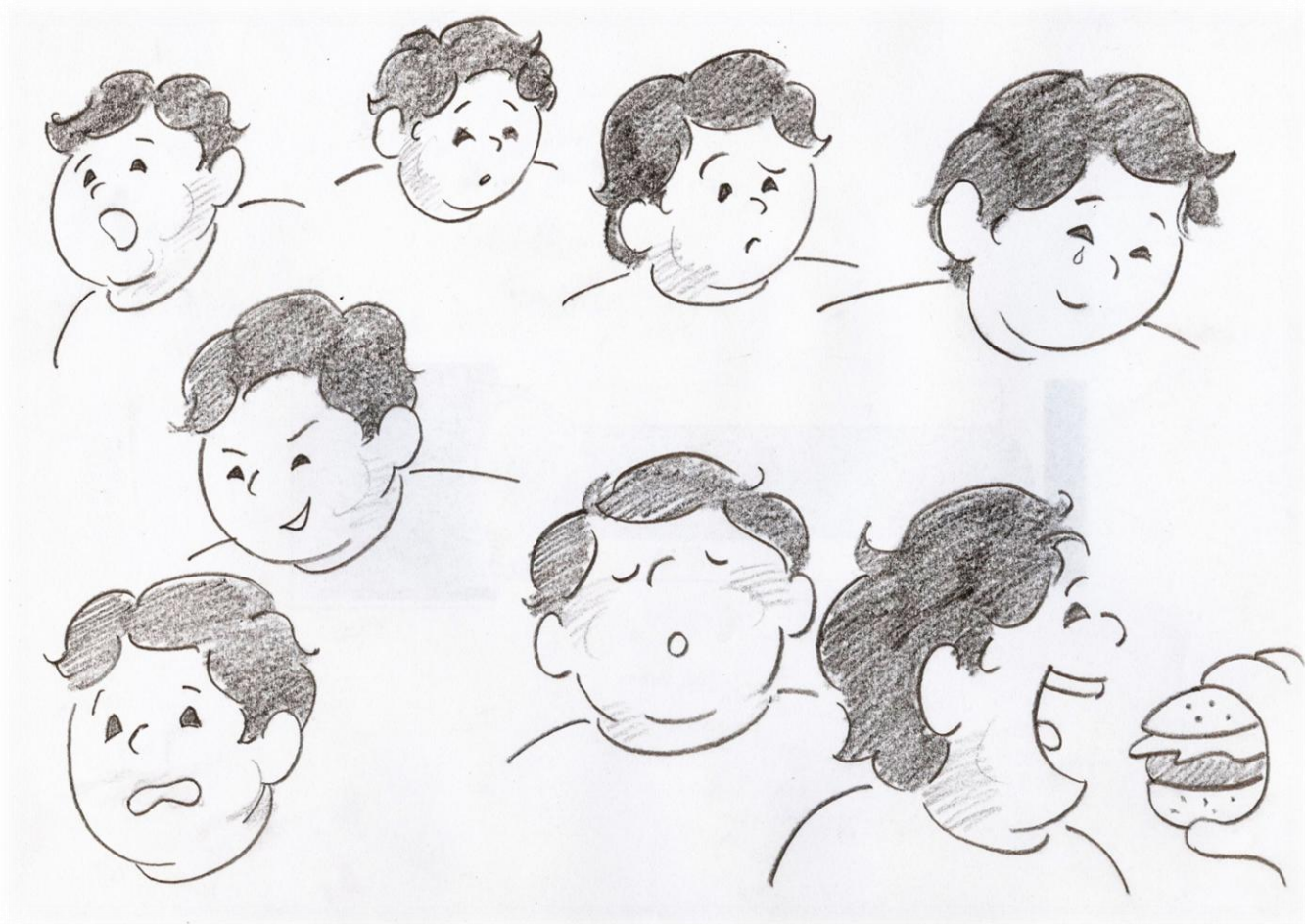
# Character Design



# Character Design



# Character Design



## Story – The Kick

“Please sir!” pleaded Gablu, the chubby teen.

“No! Join others”, ordered the PE teacher. The boys were playing soccer in the school ground. Gablu tried chasing the ball but could never reach it. He panted in exhaustion. He got temporarily distracted when a pretty classmate walked past the ground. Then Gablu notices the football coming near him. He rushes to kick it, but loses balance and falls down. Everyone laughs at him. Gablu feels very embarrassed.

Gablu reaches home dejected. The lift is under repair. It takes him a great effort to climb up the stairs to his home. He finds a note saying that his parents shall be late from office. He gathers some snacks – a cheese sandwich, chips, chocolate cake and cola and snuggles in front of the TV. He keeps switching channels but every channel shows slim and fit people flaunting their great bodies. He looks down at his tummy. He tries to mime the actors and poses like them. But then he realizes that he can never match up to them. Then he feels frustrated and switches off the TV. Before taking his shower Gablu looked at himself in the mirror. He feels ashamed with his flabbiness and turns sad.

## Story – The Kick

Later at the dinner table plenty of food surrounds him. He only picks up a slice of cucumber and munches on it solemnly. His parents are surprised at his lack of appetite. But late night Gablu's dad wakes up due to a creaking sound. Gablu is caught raiding snacks from the fridge in his hunger. Gablu is taken to the doctor next morning. He weighs 90kilos on the weighing scale. Doctor prepares a diet chart and exercise routine.

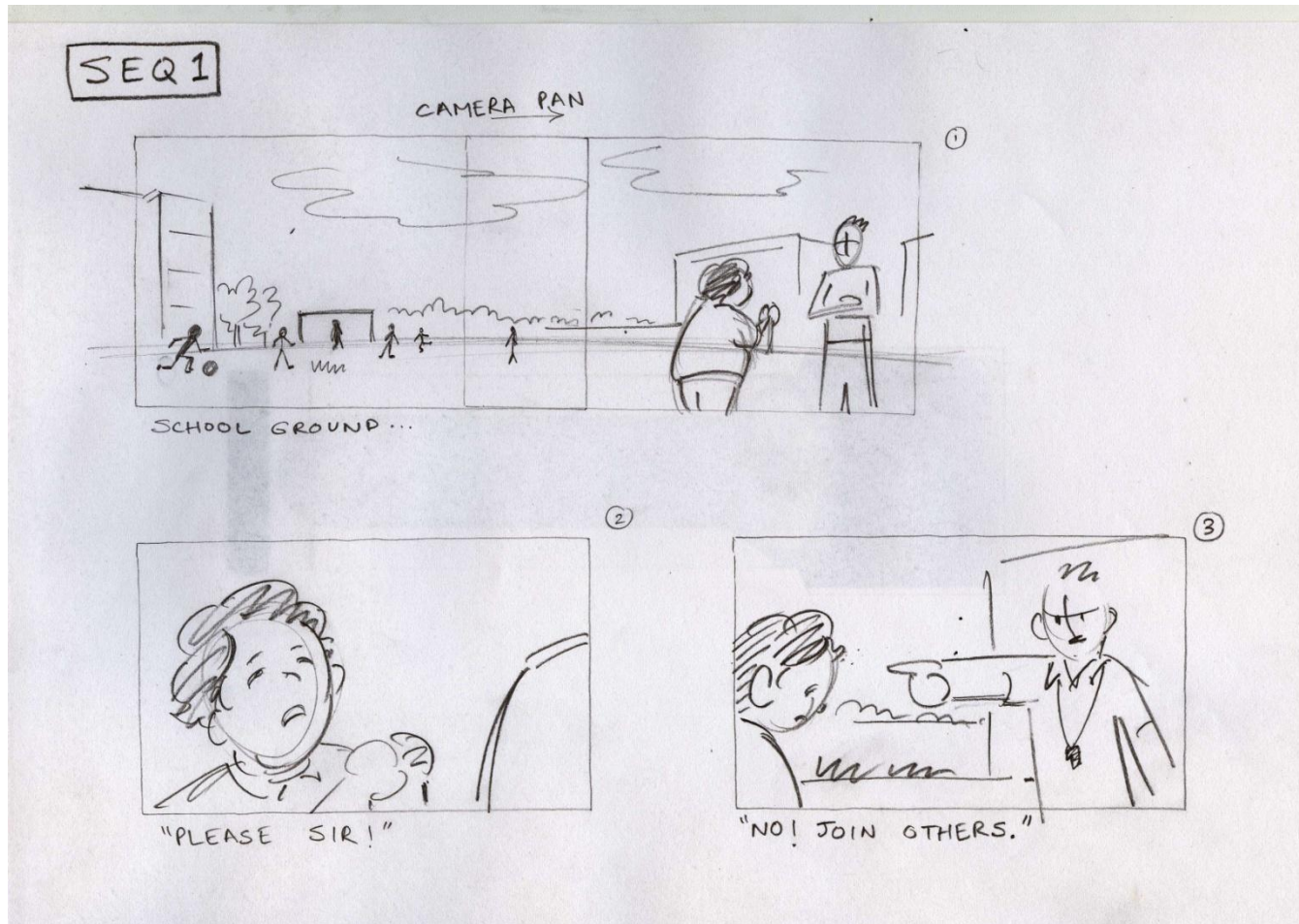
Gablu starts following the chart enthusiastically. He eats less and starts working out. But soon the routine tires him. He keeps falling asleep in class. He cheats with a burger when alone. Next when he takes his weight, he tries several tricks like balancing himself on one foot. But his weight remains same. Desperately trying to make up from his indulgence, Gablu collapses while jogging one morning.

In his dream he is light as a feather and flying amongst the clouds. He wakes up to find himself on his bed surrounded by parents. He drinks soup and takes rest.

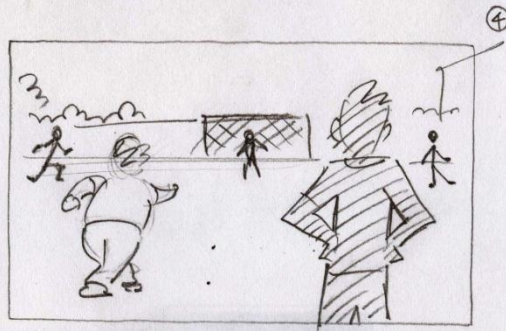
## Story – The Kick

After his recovery Gablu takes his weight. He closes his eyes in fear, but to his utter surprise he is few grams lighter. He is overjoyed with this minor success. Gablu walks with a spring in his step during lunch break at school. The pretty school girl notices Gablu for the first time and smiles to herself at his gait. As he walks past the ground a football rolls towards him. He stops it with a foot and kicks it back. He joins the game with a smile on his face.

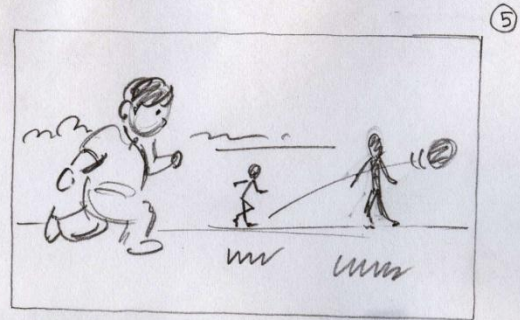
# Storyboard



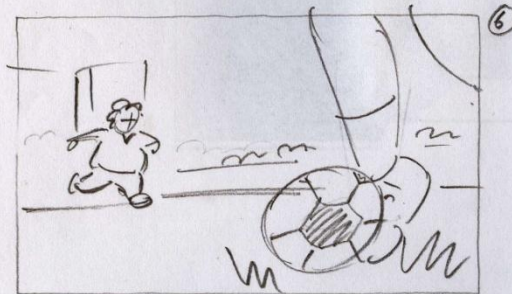
# Storyboard



GABLU JOINS



CHASES FOOTBALL



CAN'T REACH IT



GABLU EXHAUSTED

# Storyboard



SPOTS PRETTY GIRLS



GABLU GETS DISTRACTED.

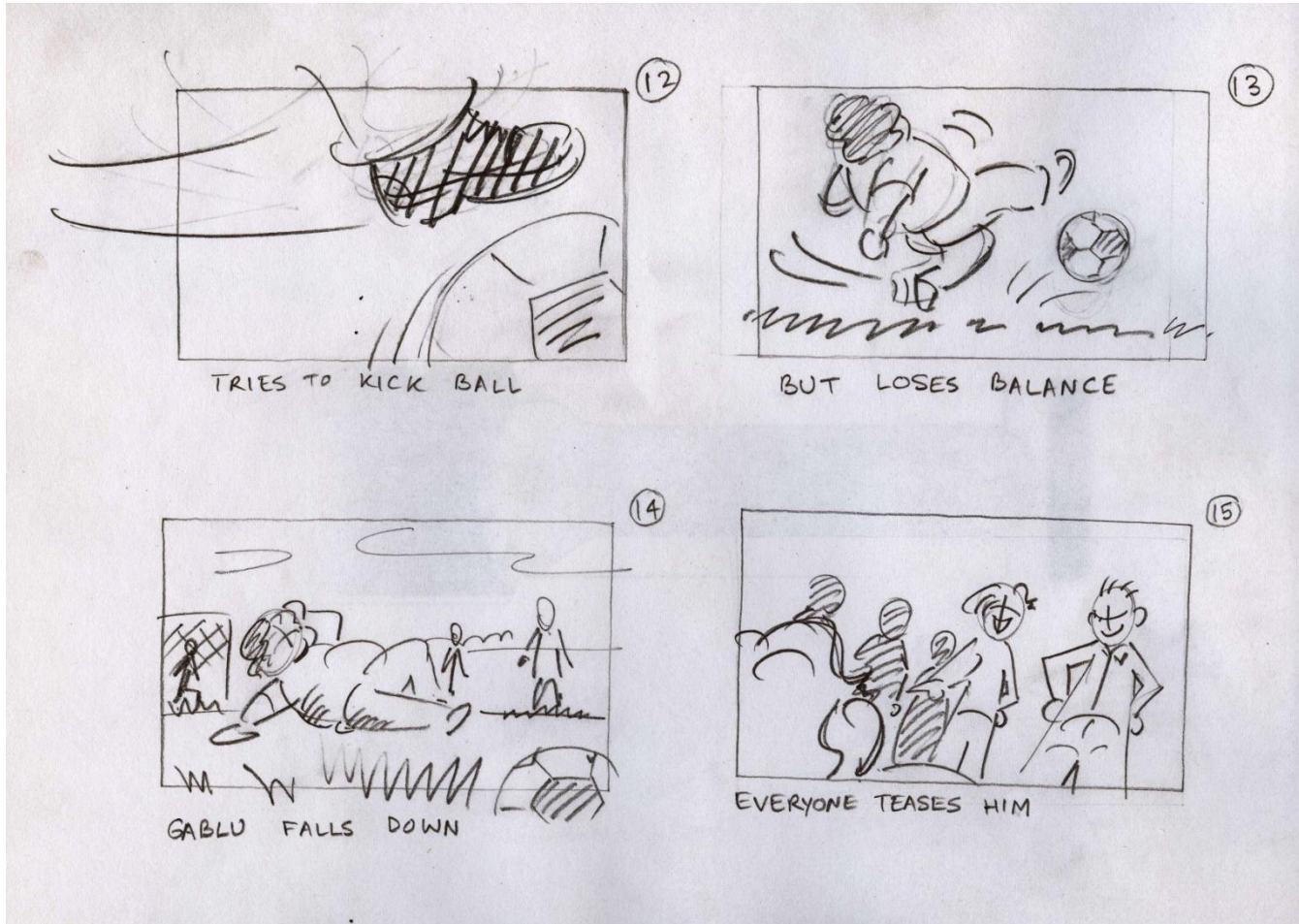


FOOTBALL ROLLS TOWARDS HIM



TAKES STANCE

# Storyboard



# Storyboard

SEQ 2



16

GABLU GOES HOME DEJECTED



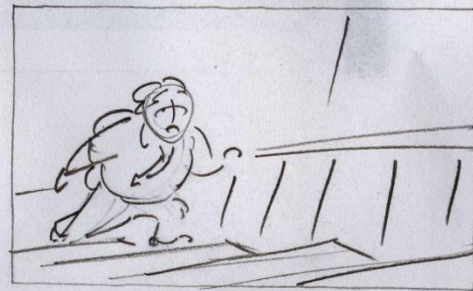
17

ENTERS BUILDING



18

LIFT OUT OF ORDER



19

CLIMBS UP STAIRS

# Storyboard



20

GABLU FINDS DOOR LOCKED



21

FINDS A NOTE WITH LOCK



22

GABLU OPENS FRIDGE



23

HE GATHERS FOOD

# Storyboard

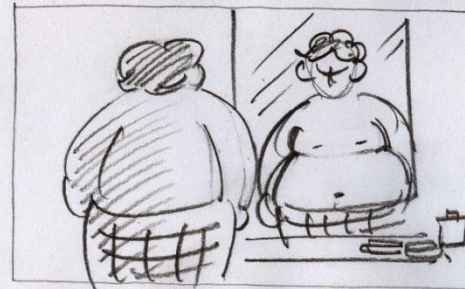


# Storyboard



28

PINCHES HIS FLAB



29

LOOKS AT HIMSELF IN MIRROR



30

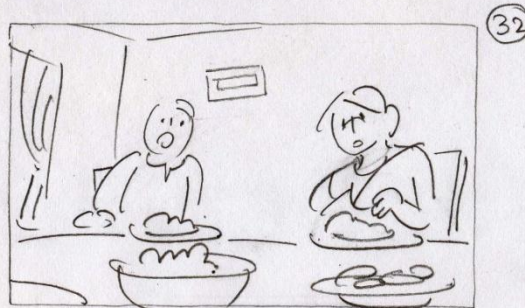
AT DINNER TABLE



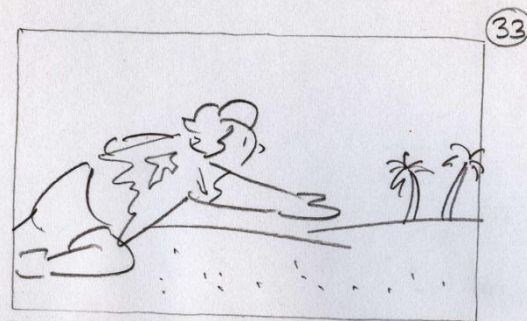
31

REJECTS FOOD. EATS SALAD.

# Storyboard

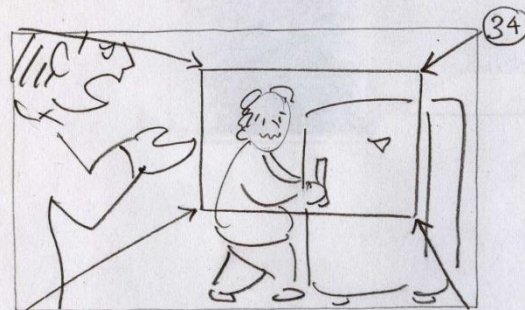


PARENTS ARE SURPRISED.



GABLU DREAMS OF AN OASIS

SEQ 3

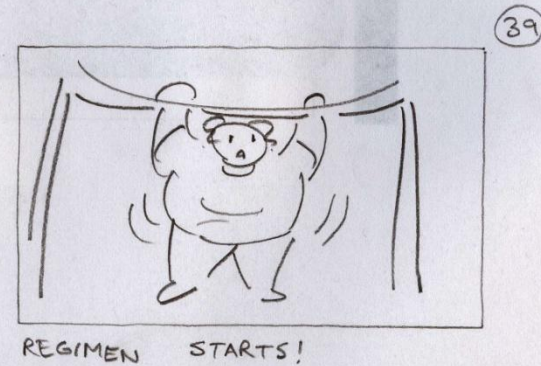
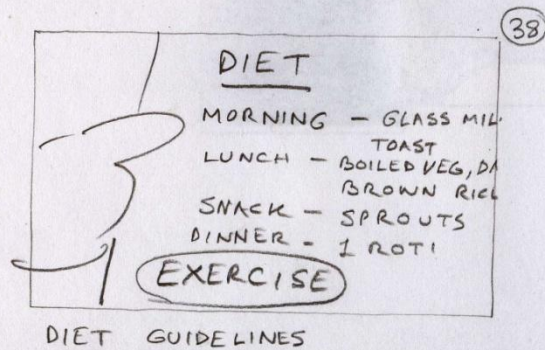
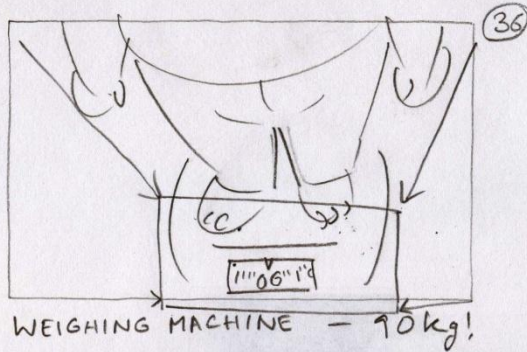


GABLU CAUGHT RAIDING FRIDGE  
AT MIDNIGHT

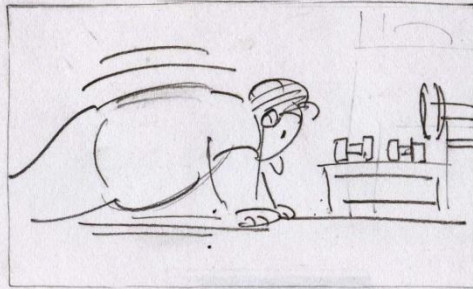


FATHER TAKES GABLU TO DOCTOR

# Storyboard



# Storyboard



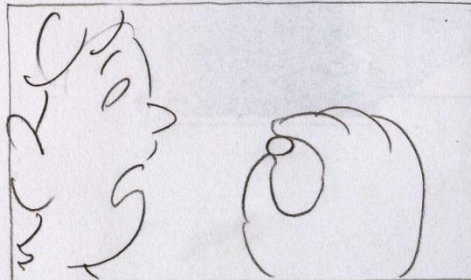
40

WORKOUT AT GYM



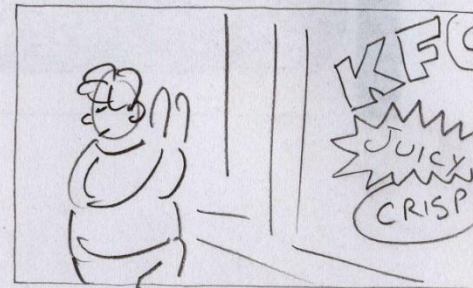
41

FALLS ASLEEP IN CLASSROOM.



42

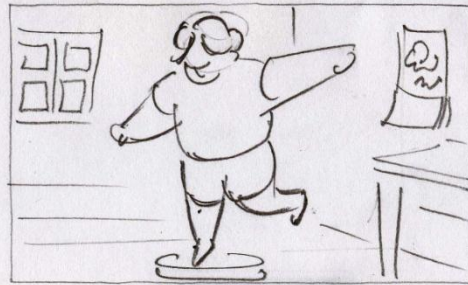
EATS EVERY MORSEL CONSCIOUSLY



43

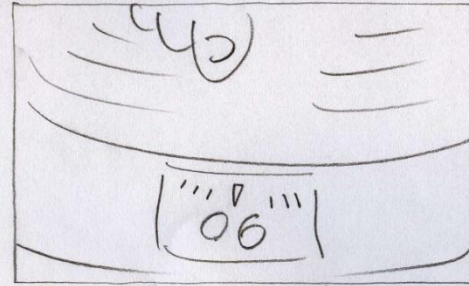
LOOKS AWAY FROM JUNKFOOD

# Storyboard



44

TRICKS TAKING WEIGHT



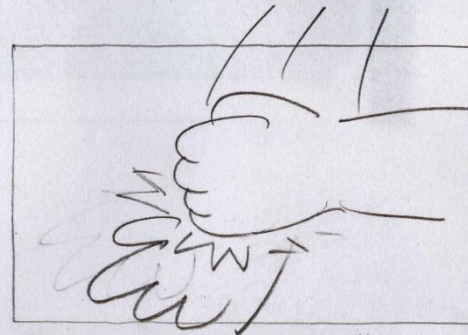
45

WEIGHT REMAINS



46

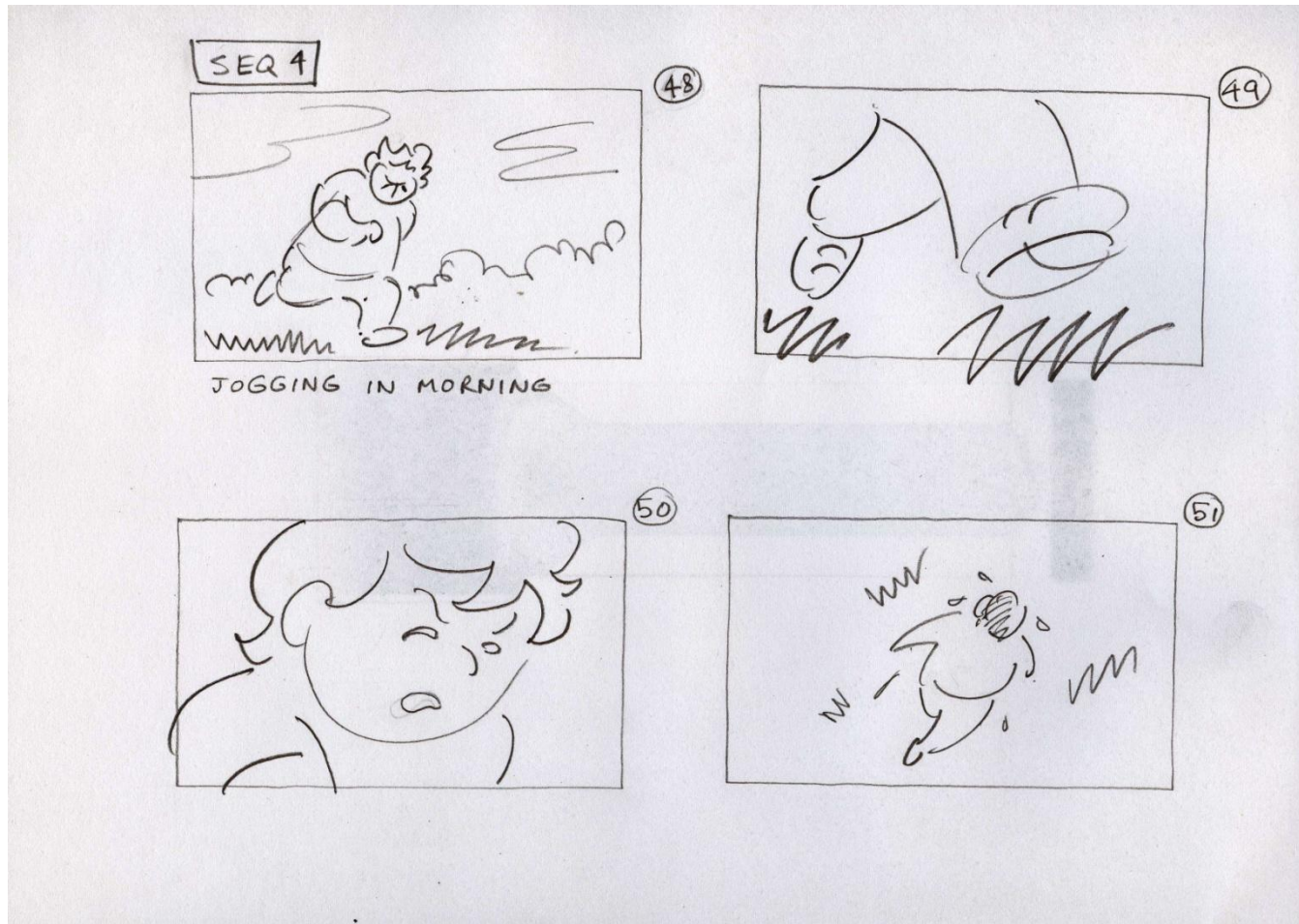
DISSAPOINTED



47

FEELS DETERMINATION

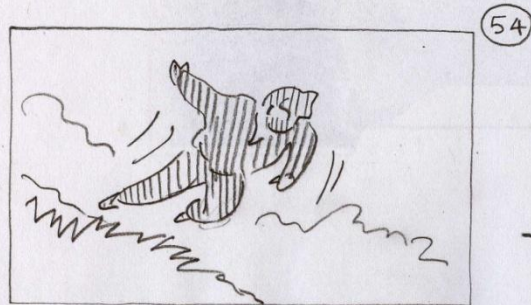
# Storyboard



# Storyboard

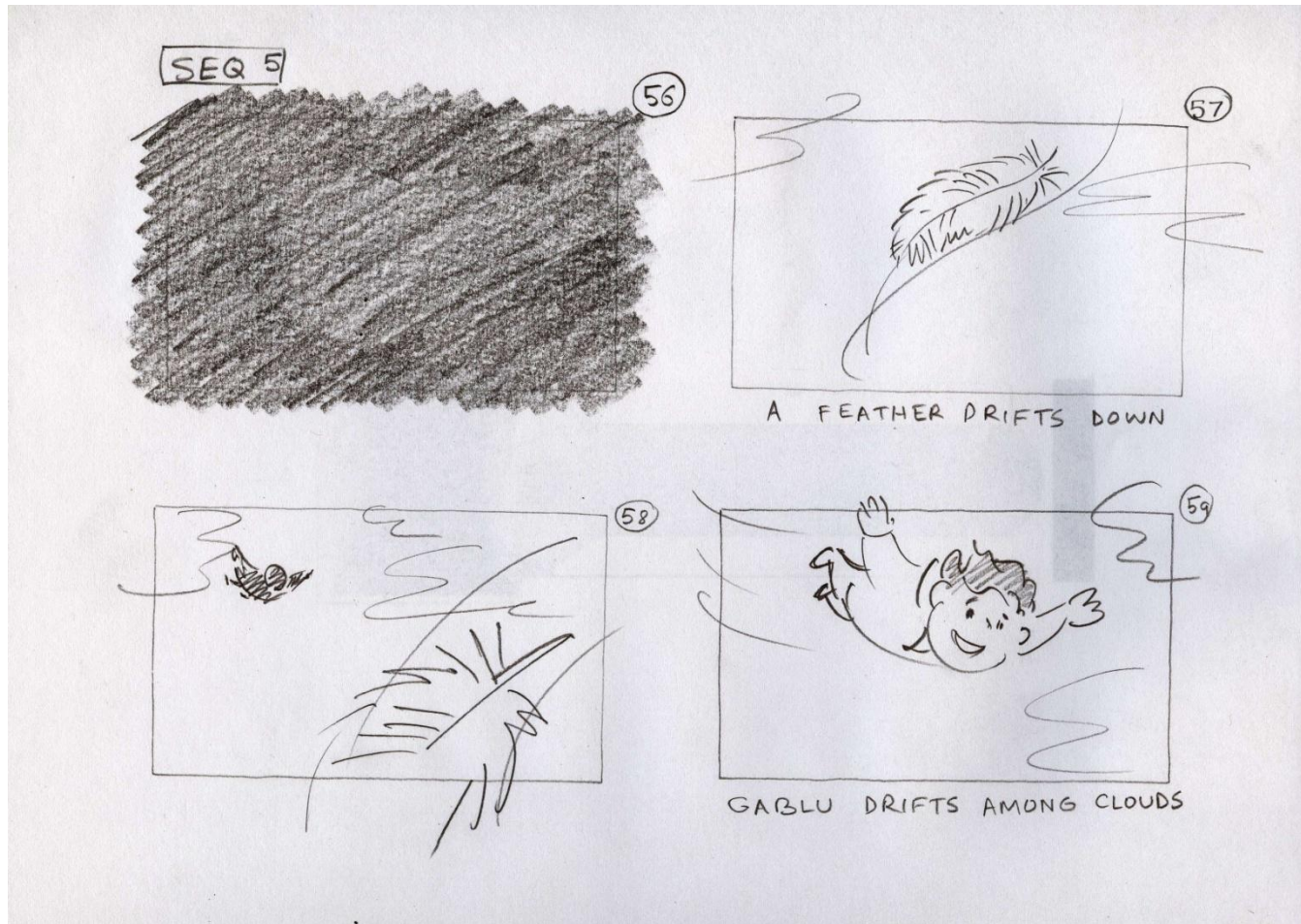


COMPLETELY EXHAUSTED



GABLU TUMBLES DOWN

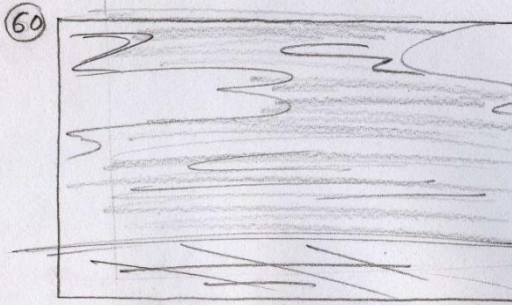
# Storyboard



# Storyboard



60



61

VIEWS THE HORIZON



SEQ 6

62



63

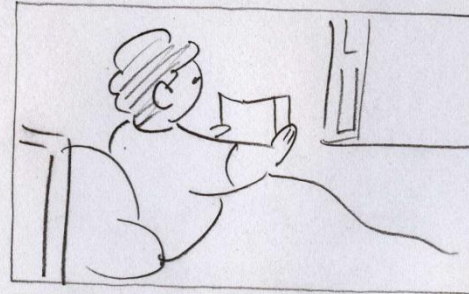
GABLU WAKES UP

# Storyboard



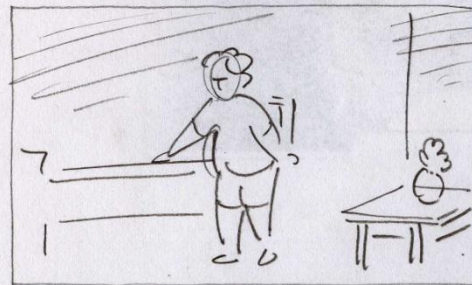
64

PARENTS COMFORT HIM



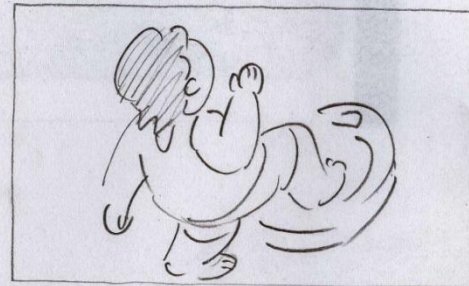
65

GABLU TAKES REST



66

HE GETS BACK ON HIS FEET



67

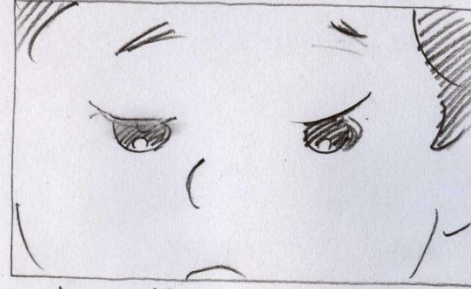
GETS UP ON WEIGHING MACHINE

# Storyboard



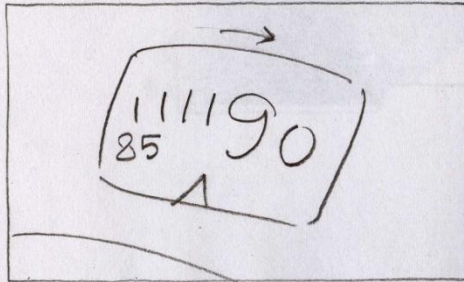
68

"OH GOD! OH GOD!!"



69

"HUH!?"



70



71

"YAAAY!!"  
oo

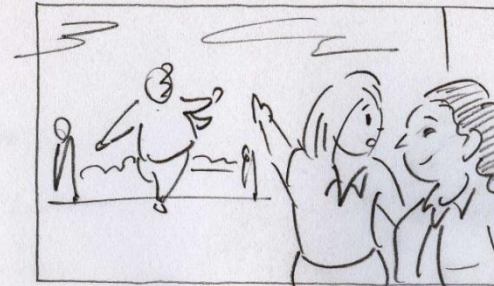
# Storyboard

SEQ 7



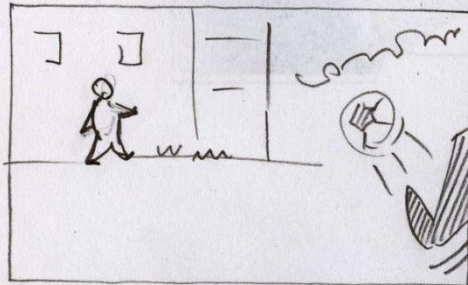
72

AT SCHOOL LATER



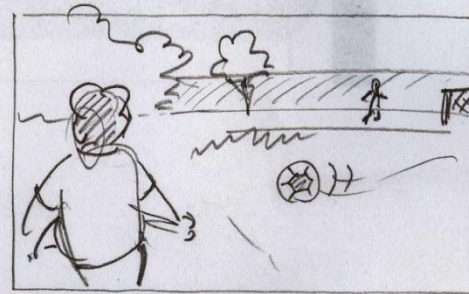
73

GIRLS GIGGLE AT HIS NEW GAIT



74

WALKING PAST THE FIELD



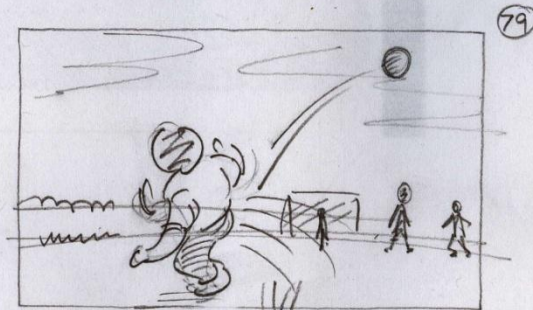
75

BALL ROLLS TOWARDS GABLU

# Storyboard



THE BALL SETTES DOWN



# Storyboard



# Layouts, Backgrounds & Overlays

- The basic layouts, characters, backgrounds and overlays have been created from rough sketches and scanned drawings using Adobe Photoshop.
- The colouring and texturing have been done using different brushes and smudge tool settings. The various objects and characters are organized in separate layers to enable manipulation using the compositing software.



# Animation and Compositing

- The animation has been done using a combination of hand drawn 2D animation along with the use of cut-outs. The software used to achieve this illusion of movement is Adobe AfterEffects CS4.
- The animated elements have been composited with their respective backgrounds and overlays using Adobe AfterEffects CS4. The audio tracks have been edited and assembled using Adobe Premiere CS4.



# Editing and Sound Design

- The various shots, scenes and sequences have been edited and put together using Adobe Premiere CS4.
- The film required extensive use of ambient sounds. Some sounds have been recorded with Adobe Soundbooth CS4.



# Final Look and Feel



# Conclusion

- The idea started with my own problems with obesity and gradually took the shape of being more general outlook towards this subject.
- Challenge was to break stereotypes and make it connect with the deeper aspects of the personal crisis one suffers from it. In this attempt I got to learn more about my own internal conflicts which I found were manifesting externally as my weight problems.
- Although it might seem that losing a few grams at the beginning might hardly make a difference to the protagonist, it helps him regain his confidence in himself. This in term makes him embrace a more healthy and active lifestyle.

# References

1. <http://www.forgetthebox.net/mag/arts/friday-film-review/all-in-the-family-little-miss-sunshine.php>
2. <http://www.animationblog.org/2009/06/candy-guard-fatty-issues-1990.html>
3. [http://www.infocera.com/Obesity is soon to be an epidemic in our world 10779.htm](http://www.infocera.com/Obesity%20is%20soon%20to%20be%20an%20epidemic%20in%20our%20world%2010779.htm)
4. "Global Prevalence of Adult Obesity" (PDF). *International Obesity Taskforce*.
5. <http://www.iotf.org/database/documents/GlobalPrevalenceofAdultObesity16thDecember08.pdf>. Retrieved Jan 29, 2008.
6. <http://www.painfree-greatposture.com/obesity-linked-pain/>
7. <http://kosmosidikos.blogspot.com/2010/12/lucifer-and-fifth-element.html>
8. <file:///F:/P3/pre-production/research/food-porn-child-junk-food-advertising-kills-children.htm>
9. American Journal of Clinical Nutrition (**Differential functional magnetic resonance imaging response to food pictures in successful weight-loss maintainers relative to normal-weight and obese controls** by Jeanne M McCaffery, Andreana P Haley, Lawrence H Sweet, Suzanne Phelan, Hollie A Raynor, Angelo Del Parigi, Ron Cohen, and Rena R Wing – Aug 2009) - <http://www.ajcn.org/content/90/4/928.full>
10. American Physiological Society (**Regular exercise attenuates the metabolic drive to regain weight after long-term weight loss** by Paul S. MacLean, Janine A. Higgins, Holly R. Wyatt, Edward L. Melanson, Ginger C. Johnson, Matthew R. Jackman, Erin D. Giles, Ian E. Brown, James O. Hill - July 2009) - <http://ajpregu.physiology.org/content/297/3/R793.full>
11. Mayo Clinic Proceedings (**Treatment of Obesity** by Warren G. Thompson, MD, David A. Cook, MD, Matthew M. Clark, PhD, Aditya Bardia, MD, MPH and James A. Levine, MD, PhD – Jan 2007) - <http://www.mayoclinicproceedings.com/content/82/1/93.full>
12. <http://sciencemags.blogspot.com/2010/07/why-do-you-crave-sugar-salt-and-fat.html>



**Thank You!**

