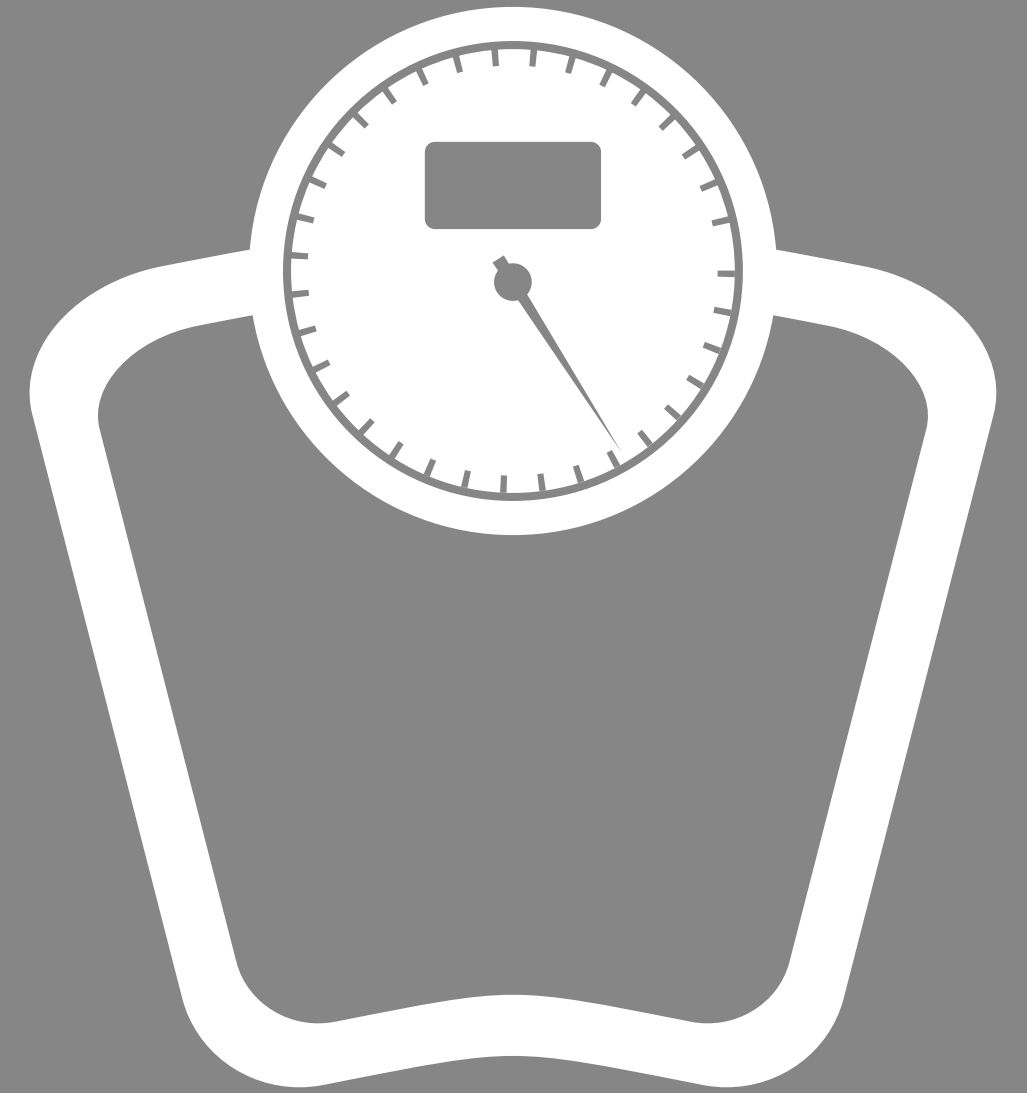


What Your Doctors Wish You Knew About Weight Loss



Medication Check

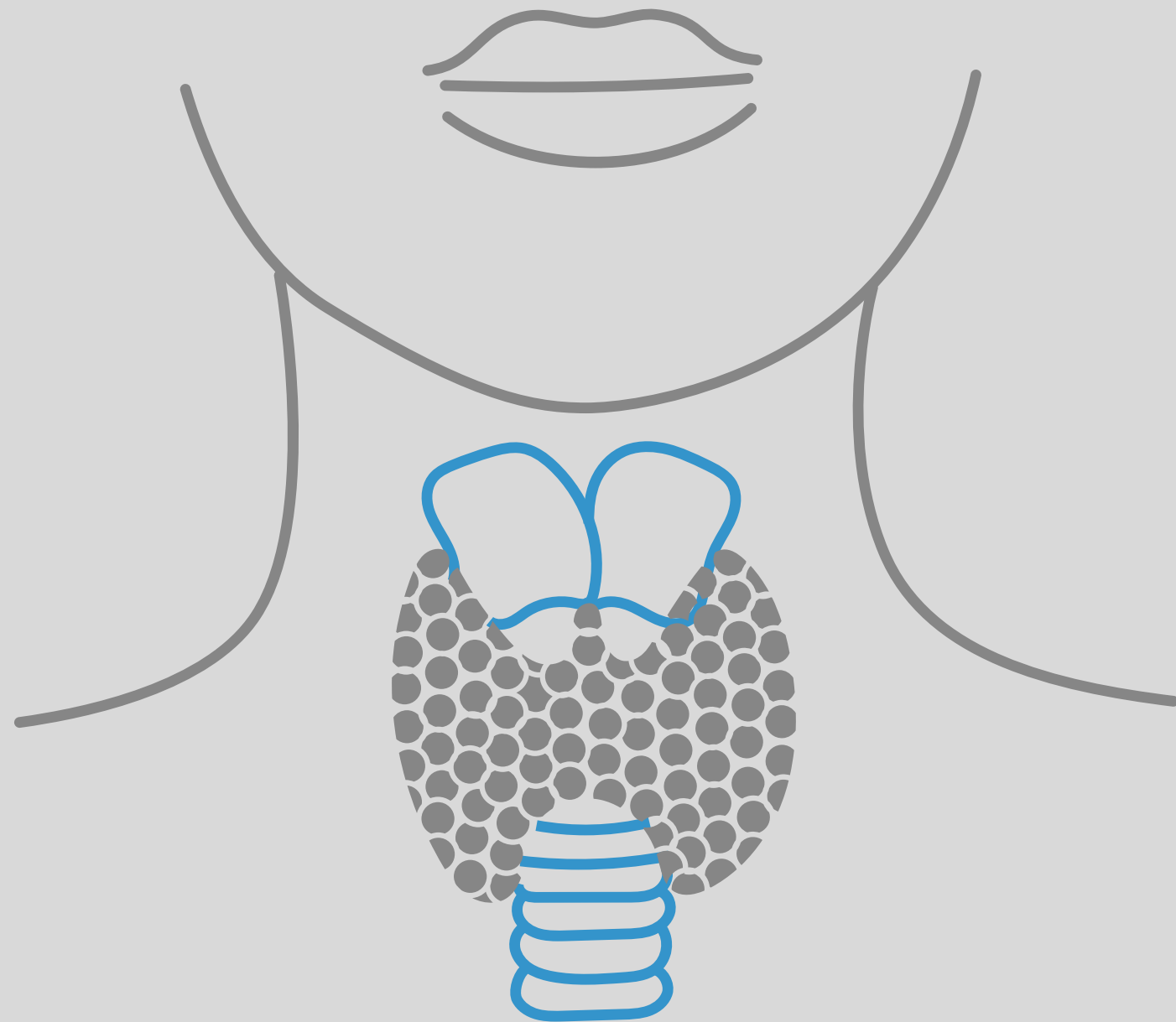
COULD YOUR MEDICATION BE CAUSING WEIGHT GAIN?



Medications for chronic disease, such as diabetes, hypertension and depression often come with the side effect of weight gain (Domecq, Prutsky, Leppin, Sonbol, Altayar, Undavalli ... & Lababidi, 2015). If you're concerned about this, talk with your doctor about switching to a weight negative or weight neutral medication.

Thyroid Check

HYPOTHYROIDISM LINKED TO WEIGHT GAIN?



The relationship between thyroid function and weight gain is evident, but not always detectable (Sanyal & Raychaudhuri, 2016). Conventional thyroid tests tend to be normal in about 80% of our weight loss clients. We recommend in-depth thyroid testing to identify individual thyroid concerns and take a highly targeted approach to rebalance your hormone levels.

Alcohol Check



CAN ALCOHOL INTERFERE WITH WEIGHT LOSS?

Unfortunately, it can. Your body consumes alcohol as a primary source of fuel (Jiang, Gulanski, De Feyter, Weinzimer, Pittman, Guidone ... & Mason, 2013). When it does this, it bypasses lipids from fats and glucose from carbohydrates. The leftover lipids and glucose convert into fat or adipose tissue. We all enjoy our favorite adult beverage from time to time, but moderation is key for weight loss.

Movement Check

IS EXERCISE NECESSARY FOR WEIGHT LOSS?



No, it's not necessary, but it's helpful for preventing weight re-gain after you reach your goal (Westerterp, 2019). So, why not get into the habit now while you're creating new lifestyle patterns that reflect this desired outcome? Take a nightly stroll around the block with a friend. This allows you to catch up on the latest with them, while keeping you on track with your weight loss goals.

Sleep Check

WHAT DOES SLEEP HAVE TO DO WITH WEIGHT LOSS?



A lot, actually. Poor sleep results in weight gain and a higher body mass index (Beccuti & Pannain, 2011). Getting fewer than 7-9 hours of sleep per night decreases leptin (satiety hormone), increases ghrelin (hunger hormone), lowers impulse control, and increases cortisol (stress hormone). This creates a ripe environment for over-eating and unhealthy food choices.

Attitude Check



WHAT DOES MY ATTITUDE HAVE TO DO WITH WEIGHT LOSS?

Everything. Negativity and doubt creep in at some point during everyone's weight loss journey. How you plan to handle these mental distractions, is the key to success (Franz, 2017). We believe judgement-free support is the most effective way to leap over these obstacles and continue on your way, confident that your success is inevitable.

Perfection Check

WHAT DOES PERFECTION HAVE TO DO WITH WEIGHT LOSS?



It's about overall progress, not perfection. Studying the day-to-day weight fluctuations can make you feel hopeless and stuck. Step back for a moment and look at the big-picture. This is what truly matters. We believe big changes start with small steps and stumbles- one day, one meal at a time.

Have you ever tried to lose weight, felt unsupported and confused about what to eat, and then decided to give up?

That's the #1 reason our clients choose THRIVE for their weight loss goals. Our clients:

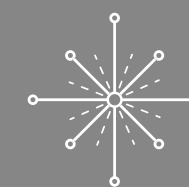
- Feel like they can't lose weight.
- Don't know what to eat.
- Are unmotivated to change.
- Take comfort in feeling full.
- Doubt that anything will work for them.

We get it, and we know exactly how to help.

What's next?

We'd love to chat with you about your weight loss goals, and help anyway we can.

We look forward to hearing from you!



(833) 266-3590



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Judgement-Free Support

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