

Actor portrayals.

I'm

**Ready**

**FOR THE NEXT STEP IN MY  
WEIGHT-MANAGEMENT PLAN**

*A health care provider can help form a  
personalized plan for weight management  
that adjusts to fit your weight and lifestyle.*

**TRUTH** ABOUT WEIGHT®

# Managing weight isn't easy

When trying to lose excess weight, many of us have a goal in mind. When we reach that goal, we want to stay there. But it's not always that simple. Managing weight can include:

**Weight loss**  
Losing weight steadily



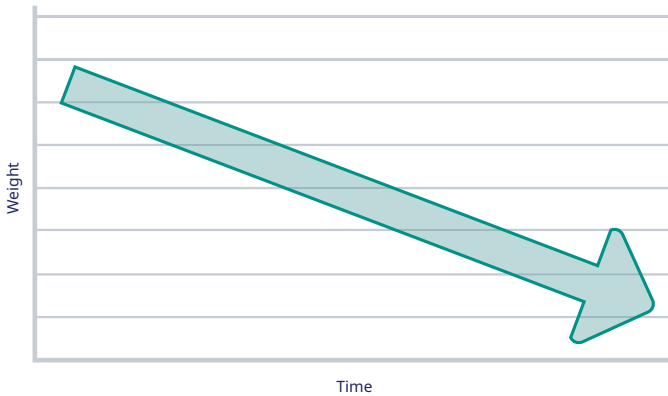
**Plateau**  
Staying at the same weight



**Regain**  
Gaining weight previously lost



Once we lose weight, we expect to keep dropping pounds



Yet managing weight often includes plateaus and regain



## Planning for long-term weight management

You're not alone if you find it hard to lose weight and maintain progress. According to one study, 9 out of 10 adults with excess weight are not able to drop pounds and keep the weight off long term.



# 9 out of 10

people aren't able to lose weight  
and keep the weight off long term

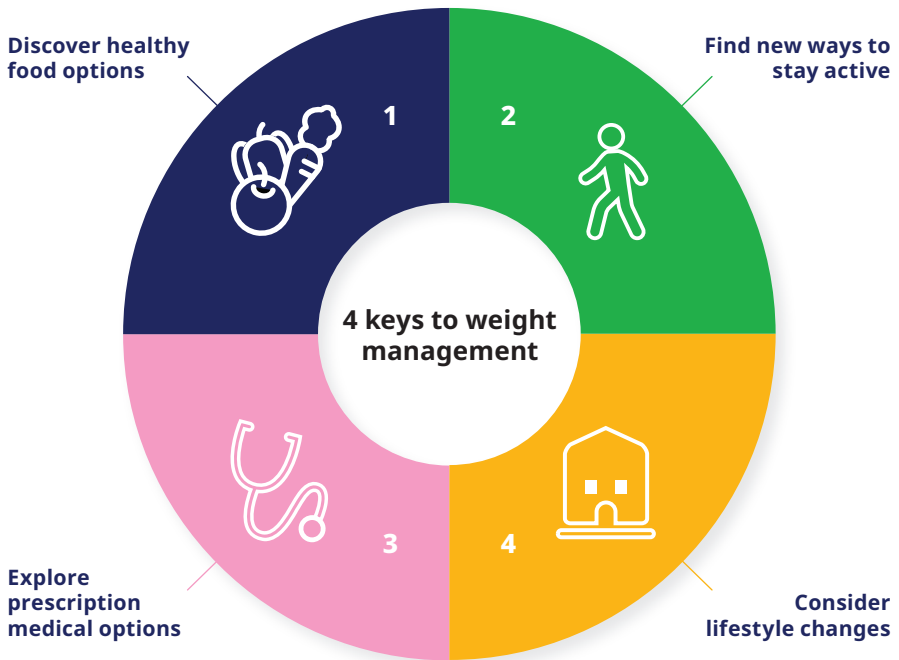
And science shows—**after weight loss by reducing calories, the body's metabolism slows down and appetite hormones change, which can lead to weight regain.** That's why it's important to work with a health care provider to create a weight-management plan.



See what can go into a weight-management plan. →

# Personalizing your weight-management plan

Sometimes weight loss stops. We call this a plateau. It's very common to plateau or even gain some of the weight back. This may be a good opportunity to speak to a health care provider to evaluate your weight-management plan.



## Weight-management plans can be adapted

People can lose **5 times more weight** by working with a health care provider, compared with people who do it alone. Talk to a health care provider about how you can improve your plan.

**1****Discover healthy food options**

- Cutting calories doesn't have to mean going hungry. By partnering with a health care provider, it's possible to incorporate nutritious, low-calorie foods into your diet
- With the right approach to meal planning, healthy foods can keep you full

**2****Find new ways to stay active**

- Physical activity is a part of every weight-management program, but it should be individualized
- Work with your health care provider to slowly add more activity, 3 to 5 times a week

**3****Explore prescription medicines**

- Obesity is a long-term medical condition, so long-term medical options may be an important part of weight management
- Many people can manage their weight by taking a prescription medicine. Ask your health care provider if a medicine could help you manage your weight

**4****Consider lifestyle changes**

- Professional help can identify potential problems that go beyond the physical aspect
- A behavioral therapist may be an important partner in developing ways of adapting your lifestyle to help with weight management

*What to ask a health care provider. →*

# Work with a health care provider

Establishing an individualized weight-management plan with a health care provider is important. It all starts with a conversation. Depending on where you are in your weight-management journey, the suggestions below may help:



**Weight loss—Start with the progress you’ve made so far**

- “I’ve lost some weight. Here’s what I think worked...”*
- “I’m making progress...just slowly. What can I do to keep it going?”*
- “I’ve changed my lifestyle and lost weight. Is there more I can do?”*



**Plateau—Discuss what’s no longer working for you**

- “I’m doing everything we planned and the scale doesn’t budge.”*
- “I’m trying to stay active, but it’s hard to fit into my life. What would you suggest?”*
- “Could a personal coach or trainer be key to continued weight loss?”*



**Regain—Ask how you might partner to prevent gaining weight back**

*“I’ve lost some of the progress I made. What other activities could I try?”*

*“Should I be eating different foods? Do you think a dietitian could help?”*

*“Are there medicines that could play a part in my weight management?”*

## ***Prepare for your next appointment***

Record your weight history and goals with a free, personalized TrueWeight® Report. This report is intended to help you prepare for the next visit with a health care provider.





*Ready to take the next step  
in weight management?*



**Recognize** that weight management isn't easy

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**Discover** new tools that can help you manage your weight

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**Partner** with a health care provider to develop  
a customized weight-management plan

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**Ask** about FDA-approved  
medicines that can help you  
keep the weight off



Learn more at  
**TruthAboutWeight.com**

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