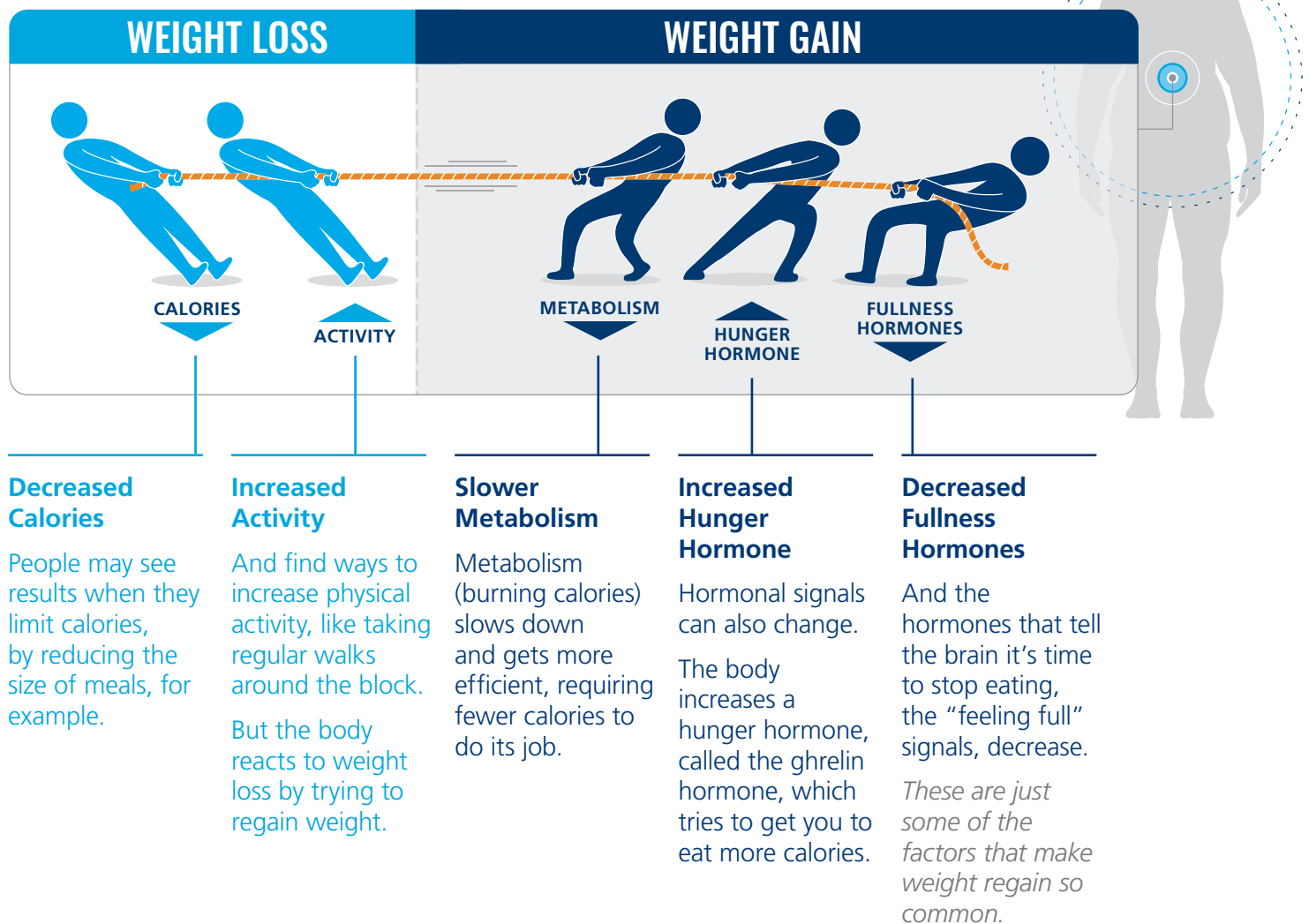


Why is it so hard to lose weight? And why does the weight return?

After weight loss, your body fights to put the weight back on.

The "Tug-of-War" of Weight Management



What things affect weight management?

Many things beyond your control, like appetite signals in your body, genetics, behavior, and environment can affect your weight.



Appetite signals

- When you lose weight, your body responds by increasing a key “hunger” hormone and decreasing “fullness” hormones.
- Essentially, your body works against you as you lose weight—making you feel hungrier and less full.



Genetics

- Your genes can be a big part of how much weight you gain, compared to other people.



Behavior

- You may not be able to get enough sleep, which can affect your weight.
- You may lack time for physical activity, or a place to do it.



Environment

- You may not be able to find healthy foods at reasonable prices near you.
- You may have a long commute so you don’t have enough time to make healthy food, relying instead on high fat, high calorie fast foods.

Tell Your Health Care Provider you are ready to create a weight management plan, and ask for their help.

Notes: