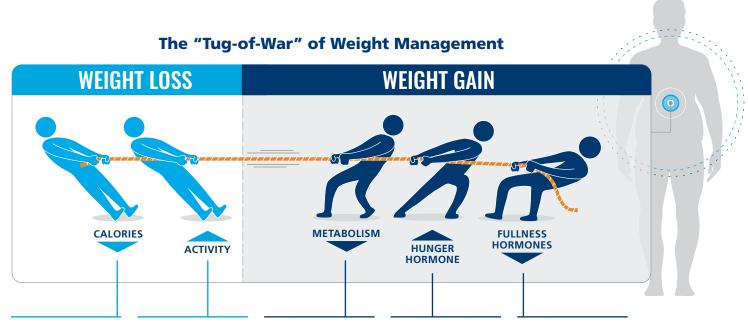
Why is it so hard to lose weight? And why does the weight return?

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



Decreased Calories

People may see results when they limit calories, by reducing the size of meals, for example.

Increased Activity

And find ways to increase physical activity, like taking regular walks around the block.

But the body reacts to weight loss by trying to regain weight.

Slower Metabolism

Metabolism (burning calories) slows down and gets more efficient, requiring fewer calories to do its job.

Increased Hunger Hormone

Hormonal signals can also change.

The body increases a hunger hormone, called the ghrelin hormone, which tries to get you to eat more calories.

Decreased Fullness Hormones

And the hormones that tell the brain it's time to stop eating, the "feeling full" signals, decrease.

These are just some of the factors that make weight regain so common.

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 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.

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Notes:			

