

Can Long Term Weight Loss Be Successful?

More in depth factors that are involved in weight regain!

Studies show that one of the most challenging things after weight-loss is maintaining the weight-loss. We care about your overall weight loss and want you to be successful. So here is some great information to help you understand that there are factors involved in weight regain that you should be aware of to help you.

Long term weight loss is challenging but many people have accomplished long term weight loss. Some reasons for low success rates come from **LOW SATIETY SIGNALS**. This is a signal that travels to the brain to tell the brain you are full.

Other reasons are....

Lack of activity: Studies show that having a more sedentary lifestyle your chances of weight regain are high. Exercise helps long term weight loss. Especially resistance training. Resistance training can help preserve more lean fat free mass.

The way you view food: Classifying your foods as **good vs bad** have shown to cause periods of overeating. We're trying to build a healthy relationship with food. You can view them as higher in quality like (fruits and veggies) or lower quality like (candies and sodas).

Loss of lean muscle mass: Loss of lean muscle mass plays a big role in your metabolism. The more lean mass a person has the more calories your body burns at rest. Studies show that this may be some of the reason we gain weight easier as we age because of the lack of lean muscle mass and less activity throughout the day.

Medication: Certain medications can cause or drive appetite that will cause weight gain/ or weight regain.

Stress or Emotions: Studies show that the way we feel can affect our eating. A stressful day may make us crave high calorie foods. Same with when we are

feeling less stressed or emotionally feeling great. Healthier options may be on the menu. Practice good coping strategies. People who often regain weight have low coping strategies for stressful or emotional days.

Lack of Social Support: This type of support is negative that can come from friends, family or even your spouse that has been associated with weight regain. Support groups or internet groups are recommended for support.

Environmental: Being in environments with high calorie dense foods studies show that you are more likely to overeat. For example people who are around vending machines all day are more likely to overeat their calorie needs by 54% for that day. Which leads to weight gain.