



WELLNESS NOW

TOTAL WELLNESS

What To Do If You Are Not Losing Weight

Eating less and exercising more works, but it is not always that simple. There are many factors in your life which can be contributing to your weight gain. You may be making healthy eating choices, only drinking water or milk, and exercising throughout the day but still are not able to get rid of your extra weight.

If you are losing inches around your waist, instead of losing pounds on the scale, you may be frustrated. But, wow! Great job if this is your issue! You are gaining muscle and getting healthier. Your waist line is a much better indicator of health than the scale. Keep it up and the weight will follow.

Here are some tips that might help, if you are not losing weight:

- Meet your nutrient needs, sleep needs, and change how you react to stress.
- Have a hobby. Find something that replaces snacking and other bad habits.
- Increase physical activity with fun activities that you enjoy.
- Plan for a snack if you are eating a little extra at meals out of fear that it will not be enough to last you.

Talk to your doctor if:

- You do not feel well rested; you might need a sleep study.
- You are on a medication that could make weight loss difficult.
- You are a female going through menopause or hormonal changes.
- You have chronic problems such as acid reflux, nausea, diarrhea, constipation, or intestinal discomfort.
- You are under a tremendous amount of stress. You may need a referral to meet with a counselor or support group.

If you are truly making healthy changes in your life, but are not losing weight, please talk to your doctor. Take your food diaries with your activity level, amount of sleep, and medication/supplement list with you when you go. Lab work may show there is something going on you are not aware of that makes weight loss difficult. Your doctor may recommend a prescription weight-loss medication. Weight-loss medications are life time drugs. They work for many people, but often when you stop taking them, you gain your weight back plus additional weight. Be sure to follow up with your doctor on a regular basis while taking any type of medication.