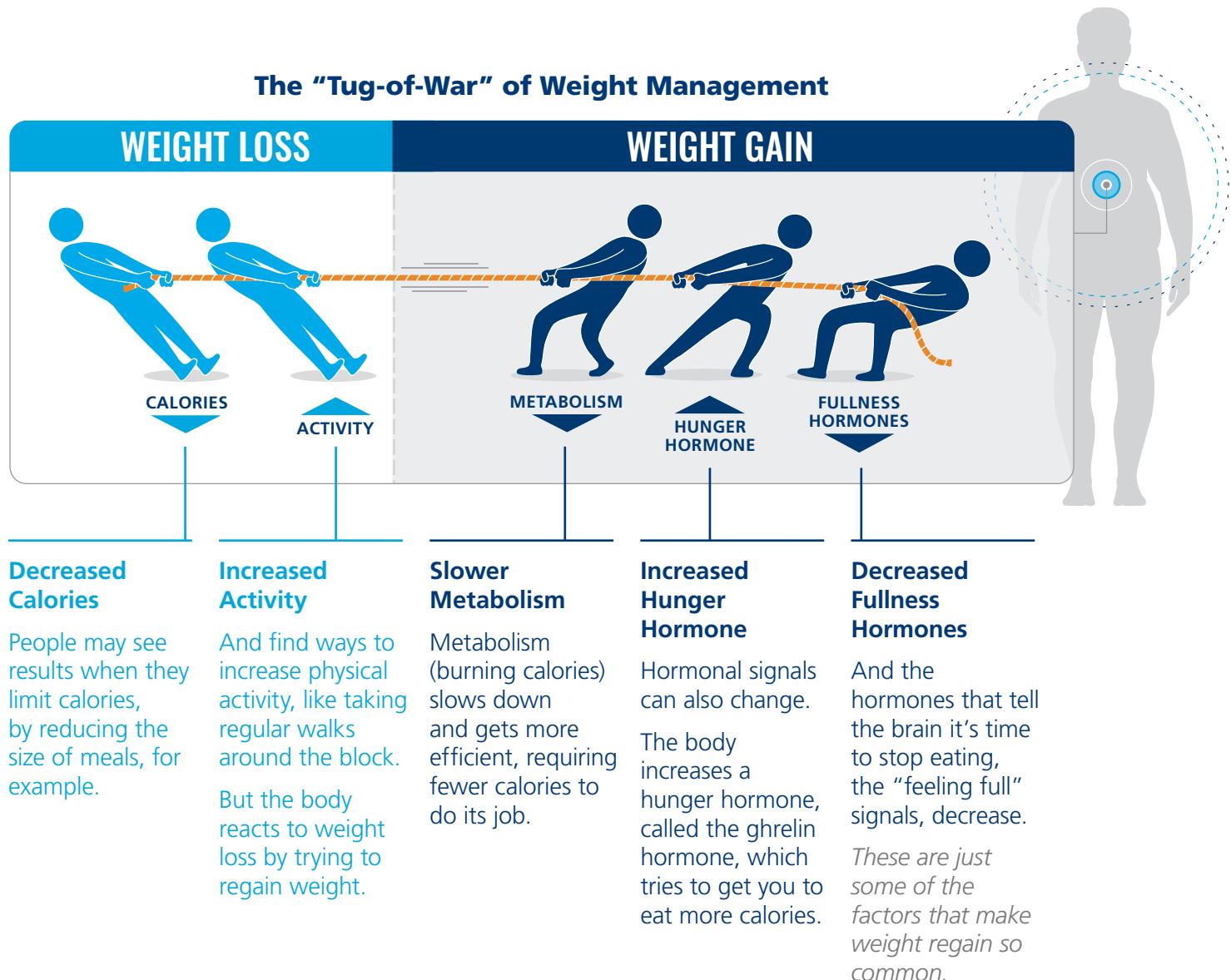


# Why is it so hard to lose weight? And why does the weight return?

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



# 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: