



Actor portrayals  
throughout

I'm

**Ready**

**FOR THE NEXT STEP IN MY  
WEIGHT-MANAGEMENT PLAN**

A health care professional can help form a  
personalized plan for weight management  
that adjusts to fit your weight and lifestyle.

# Managing weight isn't easy

When trying to lose excess weight, many of us have a goal in mind. When we reach that goal, we want to stay there. But it's not always that simple. Managing weight can include:

**Weight loss**  
Losing weight steadily



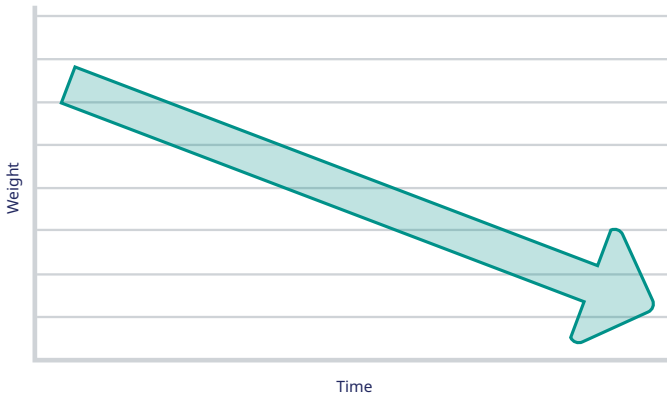
**Plateau**  
Staying at the same weight



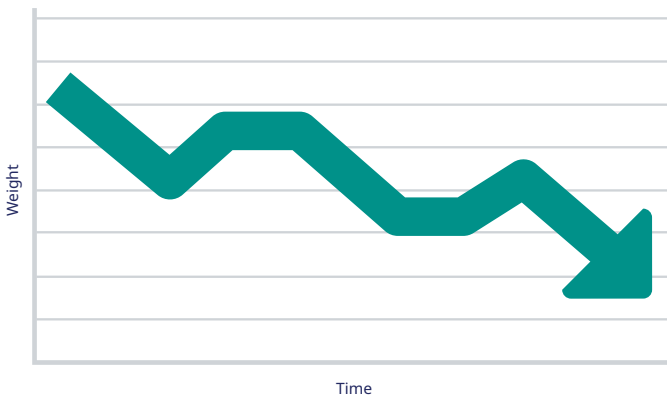
**Regain**  
Gaining weight previously lost



Once we lose weight, we expect to keep dropping pounds



Yet managing weight often includes plateaus and regain



## Planning for long-term weight management

You're not alone if you find it hard to lose weight and maintain progress. According to one study, 9 out of 10 adults with excess weight are not able to drop pounds and keep the weight off long term.



# 9 out of 10

people aren't able to lose weight  
and keep the weight off long term

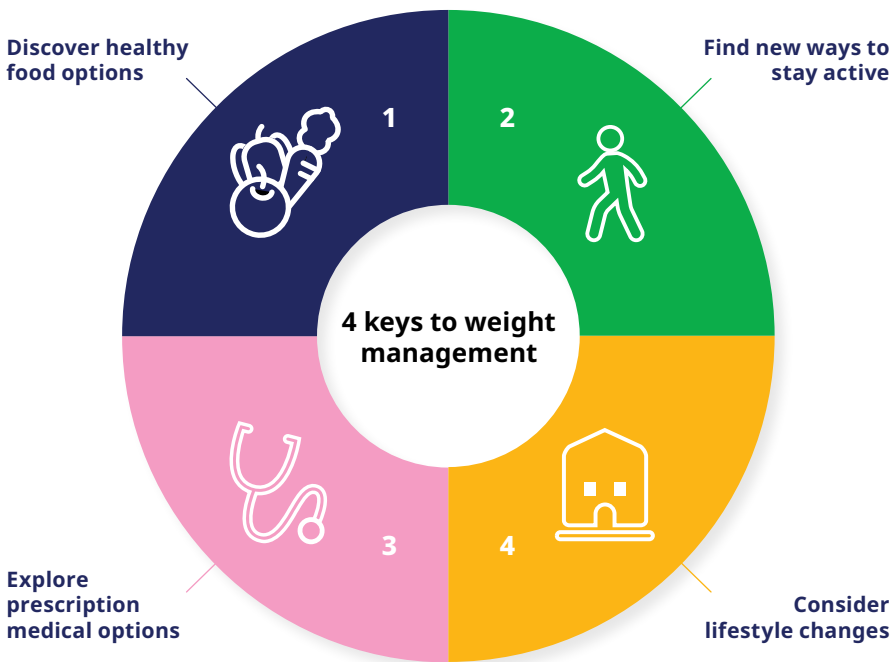
And science shows—**after weight loss by reducing calories, the body's metabolism slows down and appetite hormones change, which can lead to weight regain.** That's why it's important to work with a health care professional to create a weight-management plan.



See what can go into a weight-management plan. →

## ***Personalizing your weight-management plan***

Sometimes weight loss stops. We call this a plateau. It's very common to plateau or even gain some of the weight back. This may be a good opportunity to speak to a health care professional to evaluate your weight-management plan.



### **Weight-management plans can be adapted**

People can lose **5 times more weight** by working with a health care professional, compared with people who do it alone. Talk to a health care professional about how you can improve your plan.

## 1 **Discover healthy food options**

- Cutting calories doesn't have to mean going hungry. By partnering with a health care professional, it's possible to incorporate nutritious, low-calorie foods into your diet
- With the right approach to meal planning, healthy foods can keep you full

## 2 **Find new ways to stay active**

- Physical activity is a part of every weight-management program, but it should be individualized
- Work with your health care professional to slowly add more activity, 3 to 5 times a week

## 3 **Explore prescription medicines**

- Obesity is a long-term medical condition, so long-term medical options may be an important part of weight management
- Many people can manage their weight by taking a prescription medicine. Ask your health care professional if a medicine could help you manage your weight

## 4 **Consider lifestyle changes**

- Professional help can identify potential problems that go beyond the physical aspect
- A behavioral therapist may be an important partner in developing ways of adapting your lifestyle to help with weight management

*What to ask a health care professional. →*

## Work with a health care professional

Establishing an individualized weight-management plan with a health care professional is important. It all starts with a conversation. Depending on where you are in your weight-management journey, the suggestions below may help:



**Weight loss—Start with the progress you've made so far**

“*I've lost some weight.  
Here's what I think worked...*”

“*I'm making progress...just slowly.  
What can I do to keep it going?*”

“*I've changed my lifestyle and lost  
weight. Is there more I can do?*”



**Plateau—Discuss what's no longer working for you**

“*I'm doing everything we planned  
and the scale doesn't budge.*”

“*I'm trying to stay active,  
but it's hard to fit into my life.  
What would you suggest?*”

“*Could a personal coach or trainer  
be key to continued weight loss?*”



**Regain—Ask how you might partner to prevent gaining weight back**

“ *I’ve lost some of the progress I made. What other activities could I try?* ”

“ *Should I be eating different foods? Do you think a dietitian could help?* ”

“ *Are there medicines that could play a part in my weight management?* ”

## ***Prepare for your next appointment***

Record your weight history and goals with a free, personalized TrueWeight® Report. This report is intended to help you prepare for the next visit with a health care professional.



*Ready to take the next step  
in weight management?*



**Recognize** that weight management isn't easy

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**Discover** new tools that can help you manage your weight

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**Partner** with a health care professional to develop  
a customized weight-management plan

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**Ask** about FDA-approved  
medicines that can help you  
keep the weight off



Learn more at  
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