

Weight Loss Obstacles

Obstacles:

- Plateau
- Exercise binging (makes you hungrier & we tend to eat more calories than we are burning off)
- Feeding anxiety or stress
- Not enough sleep
- Relying on diet pills
- Lack of motivation
- Eating out often
- Financial (processed foods appear to be cheaper)
- Misinformation about the nutritional content of food choices
- Time (Exercise in short bursts if you can't find 30 minutes)
- Lack of social support
- Lack of real information
- Too Tired

Barriers to Losing Weight

Listening to patients express their frustration, I sorted all the barriers into 4 different categories. There are so many, we have to stay committed to a healthy lifestyle that includes proper nutrition and plenty of exercise.

1. **Behavioral Barriers**- These include all the social situations that make it difficult to control portions and ingredients like eating out often, going to parties, eating for entertainment (while watching TV). These also include the social situations or job requirements that make it difficult to get adequate exercise. If your job requires you to drive or sit a lot, it is difficult to get enough exercise. Also, if your job requires you to work nights, it is difficult to feel rested and often times people eat for immediate energy to combat the "tired feeling".
2. **Misinformation**- Learning the facts about nutritional labels and how the body metabolizes these ingredients empowers you! Highly processed grains and sugars are largely responsible for the insulin spikes that keep most Americans overweight. These ingredients can often be found in packaged foods that market themselves as "weight loss" bars, shakes and entrees. Just because it is marketed as "low calorie" or "low fat" or "weight loss" does not mean that you will lose weight choosing these products.
3. **Emotional Barriers**- Many people have struggled with weight control their entire adult lives. That challenge often leaves people frustrated and unmotivated to keep trying. There are other emotional reasons people struggle with weight control such as depression, anxiety, stress, and life's disappointments. Clinically depressed patients (including those who have dealt with severe trauma) often eat to gain weight as a "suit of armor" or a defense mechanism. These patients need to consult a mental health professional.
4. **Medical Barriers**- There are many medical barriers to losing weight. Conditions such as hypothyroidism, polycystic ovary disease, fibromyalgia, arthritis, asthma, and chronic fatigue syndrome make it difficult but not impossible to lose weight. Certain prescription medications tend to cause unintended weight gain. Some of these include SSRI antidepressants, steroids, calcium channel blockers, beta blockers and diet pills (rebound effect). Although these prescription medications are necessary, patients need to be even more vigilant about their nutrition choices and get plenty of exercise while taking these medications.



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*Empowering You Through
Education and Medical Support*

Right Weigh Clinic is dedicated to providing our patients with all the education and medical support necessary to obtain and maintain a healthy weight. We recognize the changes in food sources that have evolved over the past several decades and which changes are causing the obesity epidemic. It is as important to learn how to avoid these foods and it is to eat the proper nutrients. We also have bariatric trained physicians and weekly weigh-ins to monitor progress and make timely changes if needed.

Medical support can include prescription appetite suppressants, metabolic boosters, or medical supplements we have compounded for specific conditions such as diabetes and fatty liver disease.

There are many ways to lose weight, but our program ensures that you are losing body fat and not just "weight" by weighing on body mass analysis scales weekly and making timely adjustments to your program.

Overcoming Weight Loss Obstacles

If you're a social eater:

1. Plan your meals. Look online for restaurant's nutritional information and chose items that have 30 grams of protein, not more than 25 grams of carbs and at least 5 grams of fiber.
2. Choose drinks that have no calories. Do not drink alcohol drinks that use mixers. They have 100s of calories that spike insulin and cause weight gain.
3. Try to eat more meals at home. Start a supper club.

If you think you're making the right choices:

1. Check your food labels. Avoid foods with bleached flour and high fructose corn syrup. Keep your carbohydrate consumption under 25 grams per meal.
2. Carefully look at "low fat" packaged food. They often add sugar.
3. Learn all the names that sugar can be disguised on a food label. But most importantly, count your calories, carbs, protein and fiber.

If you are an emotional eater:

1. Social support is very important for emotional eaters. Find a friend to commit to permanent lifestyle changes with you.
2. Focus on the health benefits of your new lifestyle.
3. Remove triggers from your life if possible. Eating can be comforting, but so are healthier choices like exercising.
4. With every bite, ask yourself "am I nurturing my body or just filling my belly?"

If you have medical conditions that make it difficult to lose weight:

1. Regular physician visits to make sure your condition is controlled are recommended.
2. Make a serious commitment to control as much of your health as possible. You may not be able to reverse a medical condition, but you can control the nutrients that go into your body and the amount of exercise you get.