

Weight loss is marathon not a sprint - consistency will help you achieve your goals but there will be times when the journey feels tough or your good intentions slip.

Try not to give up or beat yourself up in these moments

Remember what has worked for you before and try to start afresh, perhaps with a plan of how to do this differently next time.



Should you wish to receive further support with weight loss, you can self refer to Healthy Lifestyles Gloucestershire (<https://hlsglos.org/>) or call 0800 755 5533.

You may consider a lower carbohydrate real food approach with support from the Freshwell Low Carb Project website or app (<https://lowcarbfreshwell.com>).

## Supporting Your Weight Loss Journey with Wegovy or Mounjaro

While Wegovy and Mounjaro are effective tools for weight loss, the best outcomes will be seen when you combine them with healthy eating, regular physical activity, and positive behaviour changes.

These changes may even help you reduce your dose or stop the injections in the long term.

We are aware some of our patients are receiving minimal lifestyle advice when prescribed this medication privately so we hope this leaflet gives you some tips & tricks to help your journey.



## Why Mounjaro / Wegovy may not be the answer alone

- Many people who take this medication decide to stop it in the first few years.
- When it is stopped, studies show up to two thirds of people regain the weight lost or more within a year as their appetite returns
- Fast weight loss from Mounjaro & Ozempic tends to be from a combination of both muscle and fat
- Weight gain thereafter tends to be just fat as it is much harder to regain muscle once lost.
- Less muscle means you will burn fewer calories each day and may increase your risk of falls long term - this is especially important in women after the menopause .



## With a healthy lifestyle, you could:

- Achieve and maintain your weight loss goals for the long term either with a lower dose of Mounjaro or Ozempic or without it, having embedded these new measures.
- Improve your overall health and well-being.
- Help maintain muscle to keep you get fitter but also reduce your long term risk of falls.
- Reduce your risk of chronic conditions like heart disease, type 2 diabetes, high blood pressure, dementia and certain cancers.

## Healthy Eating Tips

1. **Plan:** You're much more likely to eat the way you want to if you plan it. Plan the meals for the week ahead and shop with a list.
2. **Limit processed foods:** Reduce sugary snacks, cereals and fast food. If it's in a packet with lots of ingredients you don't recognise then think again
3. **Enjoy nutrient dense food:** high protein, healthy fat, lower carbohydrate. Veggies, chicken, fish, eggs, tofu, beans, avocado, nuts, olive oil, nuts, seeds and full fat dairy products are good choices and will keep you full for longer.
4. **Eat mindfully:** Take time to enjoy your food, stop when you're 80% full & try not to eat your emotions - if you're stressed, hungry or bored, rather than snacking, have a drink of water and go for a walk, 10 minutes later, if you're still hungry eat something with protein and fats
5. **Hydrate:** Drinking 6-8 glasses of water a day will help avoid constipation and keep you feeling full.



Did you know 70-80% of all chronic diseases are due to a poor lifestyle and so could be prevented if we live well?

## Bonus Points

- **Portion control:** Use smaller plates or bowls to help manage portion sizes
- **Move more:** Aim to move every day and then you won't put it off. 150 minutes a week is only a 30 minutes walk five times a week at a pace that you can't sing but you can talk
- **Add resistance:** Twice a week add strength training - 20 squats and press ups on your knees is just fine.
- **Focus on sleep:** Evidence confirmed sleeping poorly makes you much more hungry. Try to stick to consistent bedtimes and do something relaxing before bed.
- **Track your progress:** Use a tape measure - aim for your waist circumference to be half your height to reduce your risk of heart disease and diabetes. The scales only gives part of the answer.
- **Find a buddy:** Having a friend or family member's support will keep you on track, even better if they do it too.
- **Safety:** If your injections are causing you to vomit, this could make any oral medication you take including contraceptive pills less effective.

