



Losing weight and sustaining it is hard

But talking about it doesn't have to be



Novo Nordisk is concerned about serious chronic conditions such as obesity & COVID-19 and understands the impact this has on patients and the healthcare system.

Weight management is a difficult journey, but by working with your health care professional, you'll be on the way to achieving your weight loss goals.

Bring this booklet and schedule a follow up appointment with your healthcare professional:

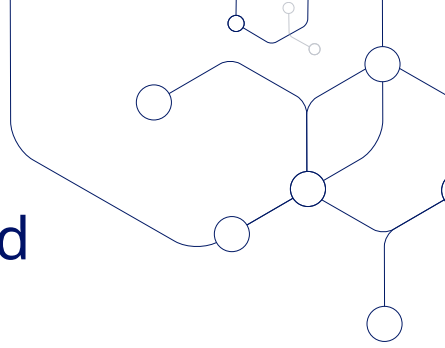
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Losing weight and sustaining it is hard Talking about it doesn't have to be

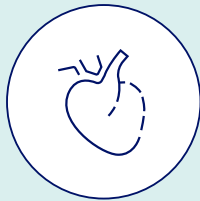
Body weight is influenced by many different factors, including:

- Genetic
- Environmental
- Hormonal

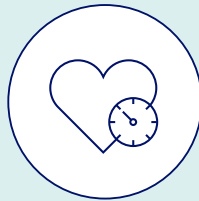
These factors are often beyond our control.

That's why losing weight and keeping it off may be challenging for people living with obesity, and why obesity isn't just about willpower. For many people, medical intervention is needed to manage weight.

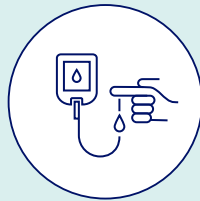
A weight loss of 5% or more can improve your overall health and weight-related complications such as:



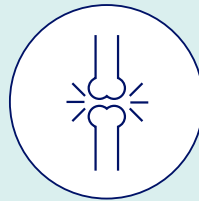
Heart disease



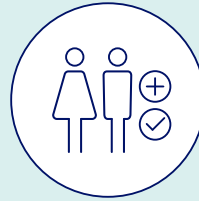
High blood pressure



Type 2 diabetes



Osteoarthritic pain

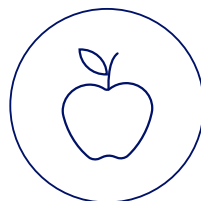


Health-related quality of life

Losing weight and keeping it off is difficult, but why?

After losing weight, your body will try to gain it back by making you feel **more hungry** and **less full**.

After weight loss, your body tends to burn fewer calories or slow its metabolism.



Hunger



Calories burned

Overall, the changes in your hormones directly influence your eating habits and your metabolism.



Different methods of weight management

You may think you need to work on your weight by yourself. That may leave you feeling like you are to blame if it doesn't go well. Obesity is a chronic disease and you don't have to figure it all out alone. You can partner with your health care professional in managing your weight. There are several treatment options available for you.

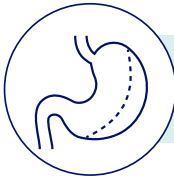


Behaviour change

Reduce calories | Increase physical activities | Change thinking



Prescription medications



Bariatric surgery



To make the most of your next appointment, bring along any questions you may have. Consider asking your health care professional:

1. Why does my weight go up and down?
2. Is my current weight putting me at risk of other diseases?
3. Is there a different way to approach my weight management?

To support a productive conversation, chart changes in your weight over time and note the reasons for those changes.

Weight management is a difficult journey, but by working with your health care professional, you'll be on the way to achieving your weight loss goals.

If you haven't yet, schedule a follow up appointment with your healthcare professional:

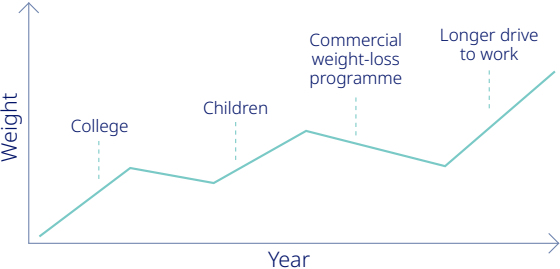
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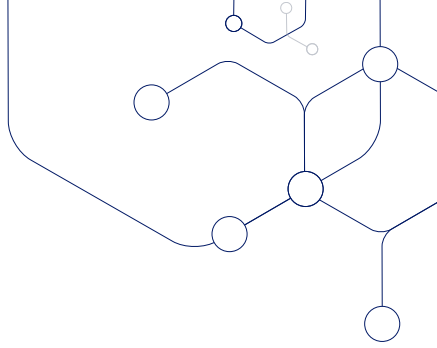
Chart Your Personal Weight History

People gain and lose weight differently over time. Please chart your history with weight changes and the events that were related to those changes.



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Goal Setting for Weight Management

Identify your short-term goals and long-term goals and write them on the lines below.

Share your goals and your progress with your health care professional (HCP) at each follow-up appointment.

What I want to achieve:

Short-term goal(s): _____

Long-term goal(s): _____

How will I achieve my goal(s):

1. _____

2. _____

3. _____

When will I aim to reach my goal(s):

I will aim to reach my short-term goal(s) by this date: _____

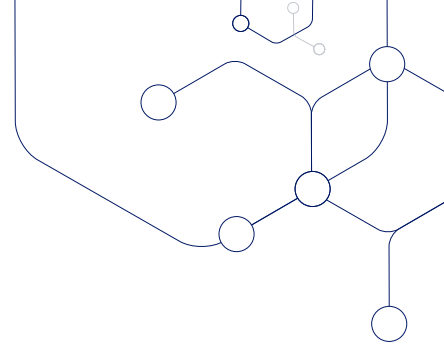
I will aim to reach my long-term goal(s) by this date: _____

Follow-up:

Date of next visit(s): _____

My own notes: _____

Approaches for Healthier Eating and Increased Physical Activity



1. Get in step

- Begin with short walks and gradually increase your time or distance
- Focus on your posture with your head lifted, tummy pulled in, and shoulders relaxed
- Warm up at an easy pace for the first several minutes
- Walk on sidewalks and wear light-coloured or reflective clothing
- Stop walking and check with your HCP if you experience pain when walking

2. In proportion: Sizing up healthy eating

- Set aside small portions of healthy snacks to eat when you have a craving
- Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins
- Think of reducing amounts, rather than cutting out your favourite foods
- Establish regular meal times to avoid overeating later in the day
- Preportion your servings to control the amount by placing a single serving in a container ahead of time rather than eating directly from the package

3. Eating together with family and friends: Dining without counting calories

- Substitute healthy foods that are steamed or baked instead of fried
- Enlist family and friends to support you in making healthy choices
- Share an entrée with a friend at a sit-down restaurant
- Research the restaurant to give yourself the best options for ordering
- Request your meal to be served without gravy, sauces, butter, or margarine

4. On the go: Keeping healthy away from home

- Pack nonperishable, healthy snacks
- Order water to drink with meals if you are dining out
- Bring a meal from home to eat on the plane or in the car
- Order smaller portions in restaurants
- Find times and places to take walks, like in the airport

5. Smart shopping: Keeping your basket full and fresh

- Make a list based on meal plans
- Shop after a meal
- Buy fresh foods when possible
- Read nutrition labels for portion size, calories per portion, and saturated fat
- Find healthy replacements