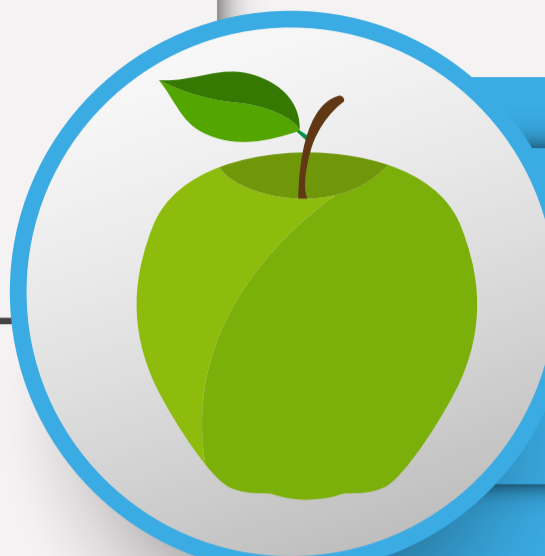


4 WAYS TO GET MOTIVATED when weight loss plateaus



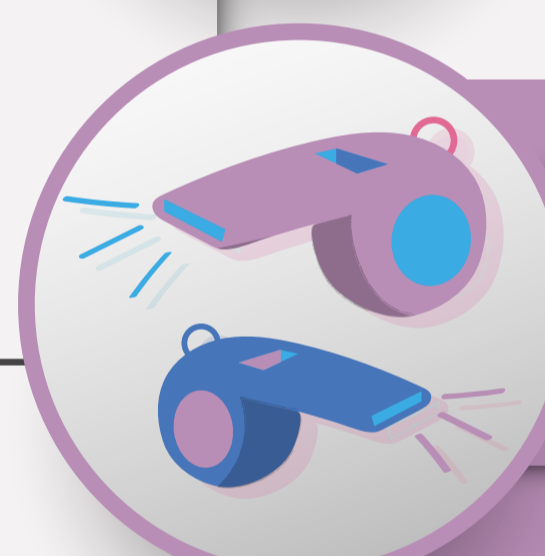
EATING HABITS

List 3 or 4 healthier eating habits (like having a healthy breakfast) and check off those habits as you practice them daily.



PHYSICAL ACTIVITY

Keep it simple with a paper notebook or an app. Track any other light exercise that fits you and your goals. Focus on gradual increases.



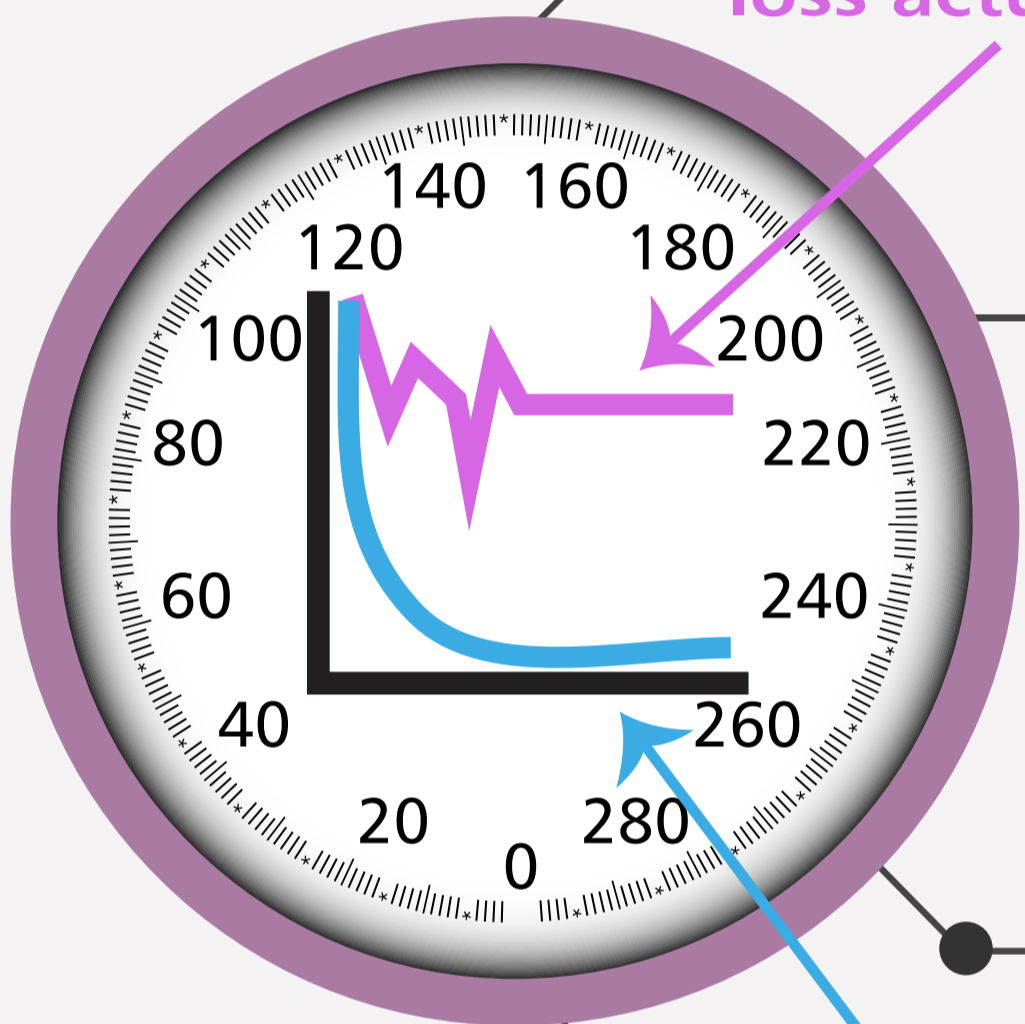
GET A COACH

An accountability coach will help you develop motivation & stick with your goals for healthy living and a bright future.



MEASURE YOUR BODY

The scale may not reflect changes in your body, but how your clothes fit might. Measuring your body, like your hips or waist, can show you the change.



How my weight loss actually looks

How I think my weight loss should look



Metabolic Medical Centers

goingmetabolic.com

When you begin, weight loss is fast! But then you hit a plateau where the scale stops moving. It is time to shift your mindset and find new motivations to stay on track.