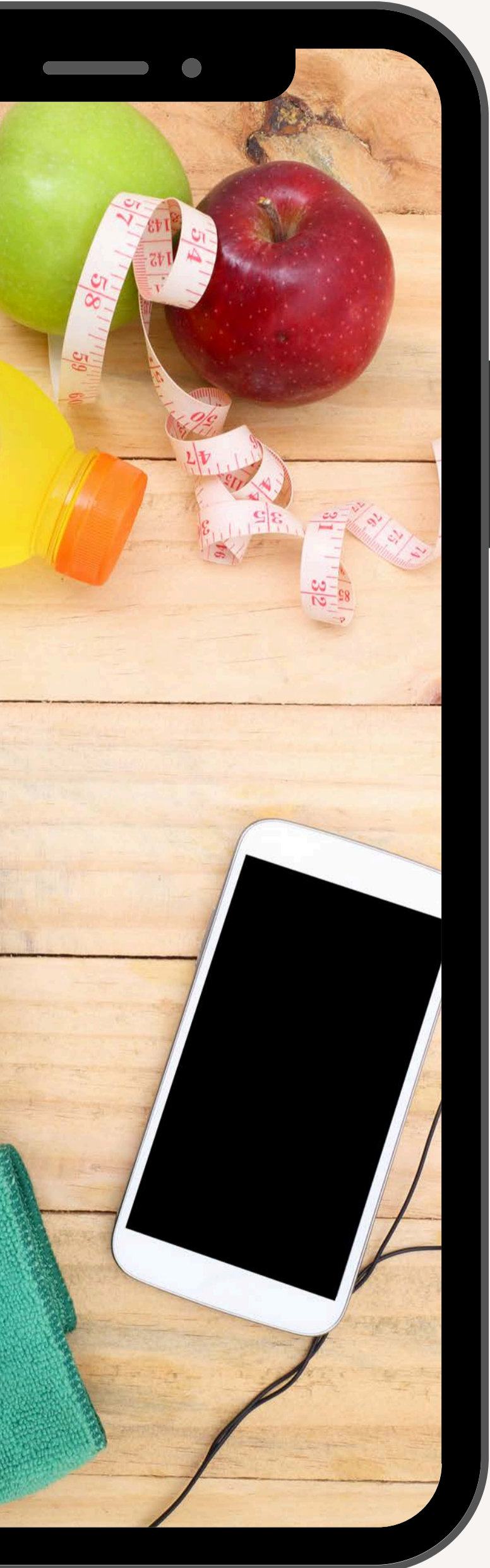




Patient Success Guide to Medical Weight Loss

*Helping you to lose
weight, keep it off, and
transform your life*





WELCOME!

If you're here, chances are you've explored various methods for weight loss. Now, armed with your weight loss medication, you have a powerful tool to finally shed those pounds for good.

But here's the thing: your medication isn't a magic fix-it-all. It requires your active participation to achieve lasting results.

That's where we come in. We're here to provide you with a comprehensive checklist that outlines the essential lifestyle changes and habits needed for long-term success. Say goodbye to the guesswork—we've got you covered.

Filled with checklists, tips, and insider tricks, this guide is your roadmap to optimizing weight loss. It's designed to help you not only shed those pounds but also do so in a healthier and more sustainable way than ever before.

Are you ready to dive in and unlock your full weight loss potential? Let's get started.

-The Alterra Health Team

What's Inside...

1 Nutrition and Meal Planning

2 Exercise and Physical Activity

3 Mindset and Behavior Change

4 Monitoring Progress and Adjusting Treatment

5 Overcoming Challenges and Plateaus



Nutrition & Meal Planning

Weight loss medications work most effectively when combined with a balanced diet. Nutrition and meal planning ensure that you are consuming the right mix of nutrients to support weight loss goals while minimizing side effects.

Nutrition Tips and Recommendations

- Focus on whole foods
- Prioritize protein
- Include fiber-rich foods
- Control portion sizes
- Eat mindfully
- Stay hydrated
- Limit added sugars and refined carbohydrates
- Choose healthy fats
- Plan ahead
- Seek support



Exercise & Physical Activity

Exercise complements your medication for weight management and overall health. It aids weight loss by increasing calorie expenditure and works alongside the medication's appetite-suppressing effects. Regular physical activity boosts metabolism, facilitating efficient calorie burning and fat loss.

Tips and Recommendations

- Start slowly
- Set realistic goals
- Find activities you enjoy
- Schedule regular workouts
- Mix it up with variety
- Use technology like apps
- Find a workout buddy
- Reward yourself (non-food related)
- Listen to your body
- Fuel your body properly for exercise
- Stay positive and persistent
- Track your success



Mindset & Behavior Change

Maintaining a healthy mindset is crucial on a weight loss journey to sustain motivation, navigate challenges, and foster positive habits, ensuring long-term success and overall well-being. Here are some tips to maintain a healthy mindset while on *your* weight loss journey.

Tips for a Healthy Mindset

- Focus on non-scale victories
- Practice self-compassion
- Set realistic goals
- Stay positive
- Seek support
- Embrace change
- Practice mindfulness
- Stay consistent
- Celebrate progress
- Stay educated



Monitoring Progress & Adjusting Treatment

Monitoring progress and adjusting treatment ensures optimal efficacy, dosage, and management of side effects for effective weight loss and metabolic control, facilitating personalized strategies and long-term health outcomes.

Tips and Recommendations

- Regular check-ins with your prescriber
- Track progress
- Be open and honest with your healthcare team
- Educate yourself
- Stay consistent
- Monitor blood glucose levels
- Stay active
- Adjust lifestyle habits
- Seek support
- Celebrate achievements



Overcoming Challenges and Plateaus

Overcoming challenges and plateaus with weight loss involves adapting lifestyle habits, seeking support, and staying consistent with treatment. Adjustments in diet, exercise, and medication may be necessary to overcome plateaus and achieve continued progress in weight loss and metabolic control.

Tips and Recommendations

- Review lifestyle habits
- Stay consistent with exercise
- Stay diligent with meal planning and nutrition
- Incorporate variety with exercise and diet
- Manage stress
- Get adequate and quality sleep
- Stay hydrated
- Seek support to stay motivated and push through
- Set realistic goals
- Be patient
- Reflect on your progress and practice gratitude during challenging times

Your Success Checklist

For optimal success follow this checklist from **Day 1** after you receive your prescription for the most success. You may also use this list to get back on track.

✓	Task
	Find your support system
	Develop routine meal planning, prepping and tracking habits
	Get adequate hydration- aim for >64oz per day
	Plan routine exercise
	Aim for 6-8 hours of quality sleep, consistently
	Practice self-care and stress management
	Adhere to your medication plan as prescribed
	Regular check-ins with your prescriber and team





Where will you start?

Did you happen to notice many of the tips and recommendations mentioned **SUPPORT**?

Finding a **COMMUNITY** you can talk to and engage with is hands-down the most impactful part of the weight loss process.

Talk to others that understand your journey and talk to professionals in our group for non-clinical advice and support when you need it.

Don't wait to find support! Join our membership community today!

Just scan the QR code!



**Healthy for Life
GLP-1 Weight Loss
Success Hub**

alterra health

Getting a prescription is just the first step of your medical weight loss journey. Our nutrition, mindset, exercise, and lifestyle programs help patients transform their lives... For good.



Contact Us:

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