



1

What is the best way to achieve a healthy weight?

When it comes to weight loss, slow and steady wins the race. ² By losing weight more slowly and steadily, your hormones may not sound the alarm bells quite as loudly and you will be more likely to maintain your weight loss. ^{2,3}

A registered dietitian can work with you one-on-one to assist you in setting a realistic body weight goal and create a personalized plan to help you to achieve and maintain your goal long-term. ^{2,4}

A personalized plan by a registered dietitian usually includes:

- Recommendations for a healthy and balanced diet, without having to give up your favorite foods. ^{2,4}
- Recommendations for physical activity that you actually enjoy. ^{2,4}
- Behavioral therapy to help you overcome barriers that keep you from achieving your goals. ^{2,4}

Schedule your appointment with us!

Contact us today to talk to one of our registered dietitians about how you can achieve a healthy weight:

Phone [insert your information here]

Address [insert your information here]

Email [insert your information here]

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5

How Hormones Control Your Weight



Calories, Hormones & Your Weight

How do calories affect your weight?

You may have heard that what you eat is the most important thing to managing your weight. It is true that what you eat plays a big part in whether you gain, maintain, or lose weight because the food we eat contains calories and calories help fuel our body. ^{2,3,6}

Typically, if we regularly eat fewer calories than our body needs to function, we lose weight, and if we regularly eat more calories than our body needs to function, we gain weight. ^{2,3,6} We can maintain our weight by using up the same number of calories that we fuel ourselves with. ^{2,3,6}

Simple as that, right? Not quite. In fact, calories only explain part of the story when it comes to managing your weight. Hormones also play a big behind-the-scenes part in whether you gain, maintain, or lose weight. ^{2,3,6}

What are hormones?

Hormones act as little messengers that travel in the blood and tell your body what to do. ³ Hormones are made and released by different parts of your body, like your pancreas, gut, and fat cells. ³

How do your hormones affect your weight?

Our bodies know just how much energy we need to have in storage for emergencies and how many calories we need to eat to maintain that storage. ^{2,3} One of the main ways our bodies store energy is in our body fat.

Amazingly, our bodies can sense when we have too little or too much body fat. In response, our hormones send us messages that it is time to start storing more body fat or that we already have plenty and should not store any more. ^{2,3}

When it is time to store more body fat, our hormones increase our appetite to make us eat more and decrease our physical activity to make us expend fewer calories so we might gain weight. ^{2,3} In contrast, when it is time to stop storing body fat, our hormones decrease the level of hunger we feel so we eat less and increase our physical activity to expend more calories so we might stay the same weight or lose weight. ^{2,3}

To make sure we eat the right number of calories for our body's needs, our hormones send messages throughout the day that get us to start eating and to stop eating by making us feel hungry or full. ^{2,3} If we override these signals and eat too much or too little, our hormones send more messages to get us back on track: ^{2,3}

- Eating too much leads our hormones to decrease our appetite and increase our physical activity. ^{2,3}
- Eating too little leads our hormones to increase our appetite and decrease our physical activity. ^{2,3}



8

Achieving a Healthy Weight

Why is it challenging to maintain weight loss?

Whether you are trying to lose, maintain, or gain weight, achieving your body weight goals can be challenging. Especially when you want to lose weight, 'crash diets' can be tempting because they often promise quick and drastic weight loss.

Unfortunately, losing a drastic amount of weight causes our hormones to ring the alarm bells, which may lead to rebound weight gain. ^{2,3} When our hormones sense that we are eating far too few calories for our body's needs and that our body fat stores are shrinking, our hormones increase our appetite and decrease our physical activity to make up for the losses. ^{2,3}

As a result, it becomes very difficult to stick to the crash diet. We may end eating even more than usual, which can lead to weight gain. So, although crash diets may help you lose weight in the first place, our hormones make it difficult to maintain that weight loss over time. ^{2,3} Many health care professionals advise against crash dieting if your goal is weight loss.