

“WHY AM I NOT LOSING WEIGHT?”

👁️ Are you drinking enough water? A minimum of 64 ounces a day **is required for weight loss. There is no skipping this step.** 90 ounces is recommended unless otherwise instructed by nutritionist.

💩 ARE YOU POOPING REGULARLY? Address this issue stat, and make sure you're on a probiotic. **FIBER IS A MUST.**

HOT TIP: Order PGX packets from Amazon and drink fiber + water 3 times a day before meals as instructed. Fiber + water = healthy for your heart, gut, and **MOVES THE WEIGHT OFF!**

😊 ARE YOU TAKING THE MEDICATION AS PRESCRIBED? Discuss with your provider. Medicines such as Adipex and Qsymia must be taken with food.

👁️ ARE YOU MOVING YOUR BODY? A minimum of 20-30 minutes a day of an elevated heart rate is needed to keep your metabolism going. **People who lost the most weight on medication moved 150 minutes per week - or 3 fifty-minute workouts a week.** Whatever you're doing right now, do 10% more!

😊 ARE YOU TENDING TO YOUR MENTAL HEALTH? What takes up brain space takes up body space. See “Dr. Jaya’s Favorite Things” sheet for recommendations.

👁️ ARE YOU TAKING ADVANTAGE of our licensed nutritionist, Megan? Every patient gets one free consultation with our award-winning wellness coach. Contact meganmabery@hotmail.com. **We recommend tracking everything you eat and drink for 3 days before contacting Megan to give her insight into how she can best help you.**

👁️ ARE YOU TAKING ADIPEX? Seriously y'all, it's just not the best for long-term weight management, which is what we want. Let's get on something better and safer stat!

If you have checked all of these and still feel you are not getting the results you should be getting, please notify your provider! You may need an adjustment in medication or referral to a specialist for further evaluation.

Remember: It didn't take a month to gain the weight, and it will take more than a month to lose it, but *we are with you every step of the way!*