

# LET'S TALK ABOUT WEIGHT MANAGEMENT FOR PEOPLE WITH TYPE 2 DIABETES

## What challenges might you face?

- Myths about healthy eating
- Finding time for weight loss
- Lack of access to healthy foods
- Lack of nutritional knowledge
- Changes in family eating habits and lifestyles

How can you overcome barriers?  
What next steps should you take?

## What diet works?

### ➔ MYTH

"Following weight loss trends will get me results fast!"

### ➔ FACT CHECK

- Restrict your calories
- Develop a meal plan
- Make small changes to foods already in your diet
- Consult with a dietitian

There are many ways to have a successful, healthy diet! What ways best fit you?

## Where do you find the time?

### ➔ MYTH

"I don't have time to make all these changes to my routine."

### ➔ FACT CHECK

- Save time by following research-supported meal plans
- Exercise in 10-minute increments

## GOAL

- 5%-10% weight reduction
- Health benefits can start at 3%-5% weight loss

## What motivates you?

- Is weight control important to you?
- Should you change?
- Are you ready to change?
- You are going to change!

## Discuss with your clinician why weight matters to your diabetes:

- What do you want to achieve?
- What can you achieve?

## Getting out of your usual routine

- Set goals that fit your current routine
- Start with small steps—do your normal activities longer, faster, or more frequently

## Where should you start your weight management journey?

Set yourself up for success by discussing with your clinician:

- What is your goal?
- What can you realistically change in your daily life?
- Who can support and encourage you?
- What do you start with, and what can you add later?
- How does weight loss benefit you and your diabetes management?

## What exercise works?

### ➔ MYTH

"Working out needs to be long and intense to count."

### ➔ FACT CHECK

- Exercise can be anything you enjoy as long as you get your heart rate up
- Consult with your clinician before starting an exercise program
- Consider professional exercise guidance or classes

## How do you stay motivated to lose weight?

- Have positive self-talks
- Know when and what to eat
- Switch up your exercises
- Find a workout buddy
- Focus on your success

## GOAL

- >10% weight reduction
- The benefits of weight loss continue to add up as you lose even more weight

## What if you stop losing weight or hit a plateau?

### ➔ MYTH

"If the weight isn't lost, I haven't succeeded."

### ➔ FACT CHECK

- It is better to *maintain* than *regain*
- Weight control isn't just about losing fat, it's also about gaining muscle
- Revisit your diet and exercise plans with your care team

## How do you prepare to lose weight?

What personal goals do you have for your weight?  
What goals and timelines are realistic for you to achieve?

## What strategies work best for you?

- Dietary changes
- Physical activity
- Behavioral counseling
- Medications
- Metabolic surgery

## Why might you be regaining weight?

Your body undergoes a change after losing weight that can result in:

- Feeling hungrier more often
- Not feeling as full after a meal
- It takes more effort to lose weight

## How to keep moving forward!

- Structure and consistency, which are key
- Weight maintenance programs
- Weight management medications
- Support systems

## GOAL

- Consolidating and maintaining weight loss
- What do you do now?