

# WEIGHT MANAGEMENT

SUSTAINABLE HABITS. LASTING RESULTS.

Weight management is not about restriction.  
It is about supporting your body, your metabolism  
and your long-term health.

## IT'S NOT JUST ABOUT WILLPOWER

Many factors influence your weight, including:

- Hormones
- Blood sugar balance
- Sleep
- Stress
- Gut health
- Medications
- Genetics
- Environment
- Life stage

Understanding your body is the first step to lasting change.

## THE ENERGY BALANCE EQUATION

Weight change comes down to energy balance over time.



Small, consistent changes create big, lasting results.

## SIGNS YOUR BODY MAY BE OUT OF BALANCE

- Constant fatigue
- Sugar cravings
- Weight gain (especially around the middle)
- Poor sleep
- Mood swings
- Bloating & digestive issues
- Slow metabolism
- Irregular periods
- Low motivation

These are signals, not failures.

## HORMONES THAT INFLUENCE WEIGHT



### INSULIN

Regulates blood sugar and fat storage.  
High insulin from excess sugar/refined carbs may lead to fat storage and increased hunger.



### CORTISOL

The stress hormone.  
Chronic stress can increase appetite, especially for high calorie foods, and promote belly fat.



### LEPTIN

The satiety hormone.  
Tells your brain you're full. Poor sleep and inflammation can lead to leptin resistance.



### GHRELIN

The hunger hormone.  
Rises before meals to stimulate appetite.  
Affected by sleep, stress and diet.



### THYROID HORMONES

Regulate metabolism.  
Imbalances can slow metabolism, cause fatigue and lead to weight gain.



### SEX HORMONES

Oestrogen, progesterone & testosterone affect fat distribution, muscle mass and metabolism.

## WHAT HELPS YOUR BODY LOSE WEIGHT (AND KEEP IT OFF)



Eat real, nourishing foods most of the time.



Prioritise protein at every meal to support satiety & muscle.



Choose fibre-rich carbohydrates for steady energy.



Build muscle with strength training.



Move your body daily in ways you enjoy.



Sleep well – it regulates hunger & metabolism.



Manage stress – it impacts hormones & cravings.



Stay hydrated – thirst is often mistaken for hunger.



## DID YOU KNOW?

Losing just 5–10% of your body weight can improve blood sugar control, blood pressure, cholesterol and overall well-being.



## FOCUS ON PROGRESS, NOT PERFECTION

The goal is not to be perfect.  
The goal is to make consistent choices that support how you want to feel for life.

- ✓ Think long-term, not quick fixes.
- ✓ Small changes = sustainable results.
- ✓ Celebrate non-scale victories.
- ✓ Be kind and patient with yourself.

## STRATEGIES THAT SUPPORT HEALTHY WEIGHT MANAGEMENT



### BALANCED NUTRITION



- Balanced meals
- Protein, fibre & healthy fats
- Plenty of vegetables
- Limit ultra-processed foods & added sugar



### REGULAR MEALS



- Eat every 3–4 hours
- Prevents extreme hunger
- Supports blood sugar balance
- Helps reduce cravings



### PROTEIN PRIORITY



- Supports muscle maintenance
- Increases satiety
- Helps reduce cravings
- Aim for 20–30g per meal



### STRENGTH TRAINING



- Builds lean muscle
- Boosts metabolism
- Improves body composition
- Aim for 2–4 times per week



### MOVE MORE



- Increase daily movement
- Take the stairs
- Walk after meals
- Aim for 7,000–10,000 steps per day



### SLEEP WELL



- Poor sleep increases hunger & cravings
- Aim for 7–9 hours quality sleep
- Consistent bedtime is key



### MANAGE STRESS



- High stress raises cortisol
- This can increase appetite & fat storage
- Breathwork, nature, journaling & rest help

## UNDERSTAND YOUR HUNGER

### PHYSICAL HUNGER

- ✓ Builds gradually
- ✓ Open to a variety of foods
- ✓ Stop eating when comfortably full
- ✓ Feel satisfied after eating

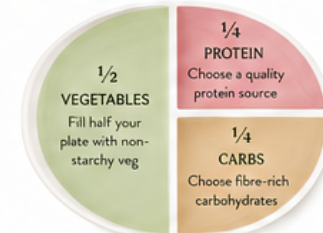


### EMOTIONAL HUNGER

- ✗ Comes on suddenly
- ✗ Crave specific comfort foods
- ✗ Eat past fullness
- ✗ Feel guilt or shame afterwards

## THE PLATE METHOD

A simple way to build balanced meals.



HEALTHY FATS  
e.g. olive oil, nuts, seeds, avocado

WATER  
Stay hydrated throughout the day

## FOODS THAT SUPPORT YOUR GOALS



Lean proteins (chicken, fish, eggs, tofu)



Whole foods (vegetables, fruit, wholegrains)



Healthy fats (avocado, nuts, olive oil, seeds)



Fibre-rich foods (beans, lentils, veg, chia seeds)



Fermented foods (yogurt, kefir, sauerkraut)



Herbs & spices (support flavour & metabolism)

## LIMIT OR MINIMISE

- ✗ Sugar & sugary drinks
- ✗ Refined carbohydrates
- ✗ Ultra-processed foods
- ✗ Deep fried foods
- ✗ Excess alcohol

You don't have to be perfect.  
Aim for progress, not perfection.

## BUILD HABITS THAT LAST

- ✓ Start small – one change at a time.
- ✓ Be consistent – not extreme.
- ✓ Plan ahead & prepare.
- ✓ Keep healthy options available.
- ✓ Track progress, not restriction.
- ✓ Find what works for your life.
- ✓ Get support and stay accountable.



## BEYOND THE SCALE

Health isn't just a number.  
Focus on how you feel:



## REMEMBER

Sustainable weight management is about supporting your body, not fighting it.

You deserve to feel good in your body, every day.  
One healthy choice at a time.



## DID YOU KNOW?



Muscle burns more calories than fat, even at rest. More muscle = higher metabolism.



Just one poor night's sleep can increase hunger hormones and cravings the next day.



Protein is the most satiating macronutrient and helps preserve muscle during weight loss.



Stress eating is biological, not a character flaw. Your body is trying to cope.



Small daily habits create big changes over time. Consistency always beats intensity.



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