Understanding Contributing Factors to Excess Weight

Here are areas which may contribute to a person gaining weight. Take a moment to check the ones you feel put you at risk of excess weight. Then watch the module to learn more!

1. FAMILY HISTORY

- ☐ mom's side of the family
- ☐ dad's side of the family



2. MEDICATION

- ☐ side effect weight gain
- ☐ history of antibiotic use



3. SLEEP

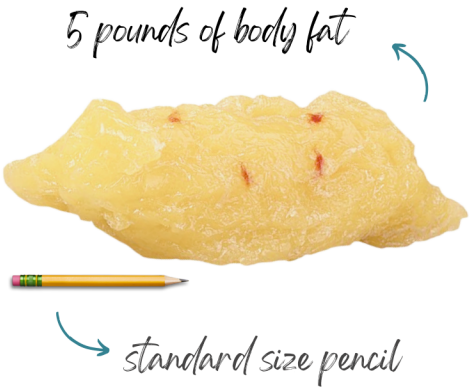
- ☐ waking in the night
- ☐ not enough hours of sleep
- ☐ night shift worker



4. HEALTH CONDITION

- ☐ polycystic ovary syndrome
- ☐ hypothyroidism
- ☐ insomnia
- ☐ Cushing's disease
- ☐ menopause
- ☐ other





5. STRESS

- ☐ spouse/significant other
- ☐ health
- finances



6. GUT HEALTH

- ☐ gas
- ☐ bloating
- ☐ constipation or loose stool
- ☐ reflux



7. DIET

- ☐ consume food/drink with sugar
- ☐ high amount of packaged food
- ☐ limited intake of plant foods
- ☐ weekly fast food



8. ACTIVITY

- ☐ more time sitting than standing
- ☐ no scheduled exercise



Login to watch section 1 to learn more today!