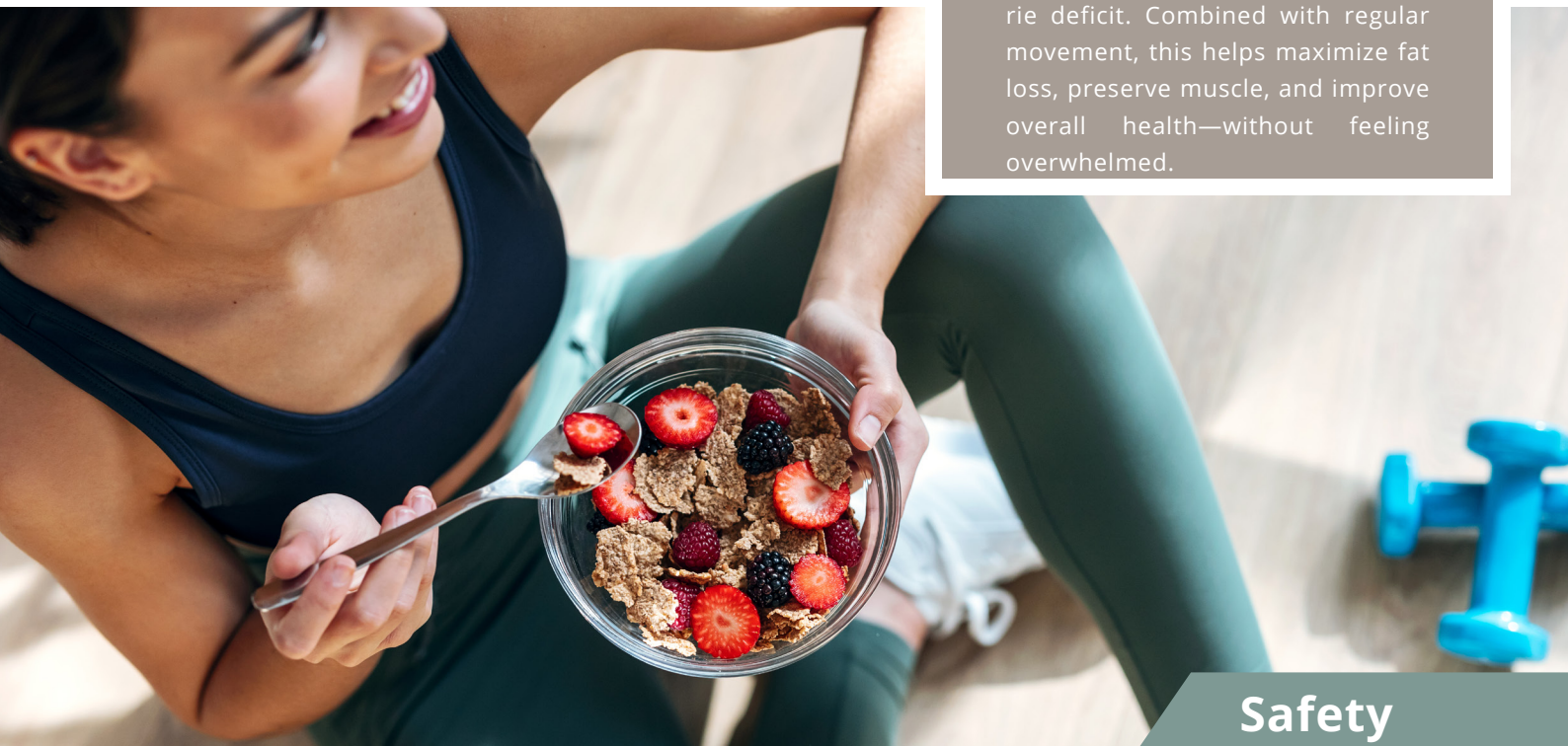


I AM WELLNESS MD - Simple Nutrition And Exercise For Better Weight Loss

Sustainable weight loss is not about extreme dieting or intense workouts. With the right approach to nutrition and movement, you can support your results, improve energy, and maintain long-term success. This guide provides simple, realistic strategies that work alongside your treatment.

Overview

The goal is to support your body with the nutrients it needs while creating a small, consistent calorie deficit. Combined with regular movement, this helps maximize fat loss, preserve muscle, and improve overall health—without feeling overwhelmed.



Safety

Build Healthy Daily Habits

Small, consistent habits lead to lasting results. Focusing on balanced meals, staying active, and maintaining a routine can help you feel better, stay energized, and continue making progress over time.



Protein

Supports muscle and helps you stay full



Hydration

Supports metabolism and reduces fatigue.



Movement

Helps burn calories and improve energy.

Key Focus

- Prioritize protein intake
- Stay consistently hydrated
- Eat smaller portions
- Move daily

Need assistance?

A 801 W. Big Beaver Rd Troy, Mi. 48084
P (947) 600-7727
W www.iamwellnessmd.com



Nutrition

Focus on simple, balanced meals that include lean protein, healthy fats, and whole foods. Prioritizing protein helps you stay full and supports muscle during weight loss. Many patients find success by eating smaller portions, limiting processed foods, and paying attention to hunger and fullness cues to stay consistent over time.



Exercise

You don't need intense workouts to see results. Walking, light strength training, and consistent daily movement can support weight loss, improve energy, and enhance overall health. Focus on building a routine that fits your lifestyle and staying consistent for long-term success.

Routine

Consistency is more important than perfection. Establishing a simple daily routine—such as regular meals, staying hydrated, and incorporating movement—helps support steady progress and long-term success.



01

Eat Balanced

Focus on protein and whole foods.

02

Stay Hydrated

Drink water throughout the day.

03

Move Daily

Walk or stay active consistently.

04

Stay Consistent

Build habits that last.



Simple

Keep meals easy and repeatable to avoid feeling overwhelmed or restricted.



Sustainable

Choose habits you can maintain long-term for lasting results.

Helpful Tips

- Eat slowly and mindfully
- Stop when comfortably full
- Plan simple meals ahead
- Stay active throughout the day