



**With weight loss approaches, it's important to consider short and long term implications**

<b>WhyPowered Health Coaching</b>	<b>Diets, Injections, &amp; Surgeries</b>
You drive your own change with accountability, support, realistic goals and inspiration	Diets are prescriptive; someone tells you what to eat, how to exercise, etc. Injections teach you nothing.
Sustainable	Diets have a 95% failure rate. Injections are so new the long term success rate is unknown. Weight loss is known to likely to return when drugs are discontinued.
A way of eating. Fits in your lifestyle.	Dieter develops an 'on-or-off' mentality. Injections and surgeries do not address habits or mindset.
Weight loss is steady and consistent. Typically 1 to 2 pounds weekly.	Speed of weight loss is often rapid, but often quick to return resulting in damage to metabolism and self-esteem.
Mindset shift is foundational, no gimmicks or quick fixes. Connect to deep reasons for change---your Why—instead of relying on willpower.	Most diets are focused on executional elements Eg. Eliminate food categories, fast during certain hours, etc.
Based in positivity and making healthier choices for oneself, moderation.	Diets are based in negativity, deprivation, extreme states, shoulds and rules. Injections are drugs with a long list of possible serious side effects. Ditto for surgeries.

Tune-in to your body's signals, move away from emotional and stress-driven eating

Diets are very often tedious with points, weighing, measuring, calorie counting.

### *References:*

[Does Ozempic Stop Working Over Time? Why Weight Loss Can Plateau - The New York Times \(nytimes.com\)](#)

[As Ozempic use grows, so do reports of possible mental health side effects | WVXU](#)

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