

Now that I am at my goal weight, how am I maintaining the weight loss?

I initially went off Tirzepatide but started getting hungry and noticed I was snacking again. I found the benefits of weight loss (*see below*) outweigh the idea of going off the peptide. Some experts are asking the question, "Would you go off a statin if your cholesterol was lowered by the drug?"

I decided to take the mindset of peptide tapering and holistic health. Here is what I do:

1. After I went off the Peptide, I went back on at the lowest dose (FYI, I hit my goal weight on the lowest dose).
 - a. I recommend tapering down until you find the lowest dose that keeps you in control.
2. Protein Shakes Every day! My goal is 100g of protein a day.
3. YOGA! I started online with literally 10 minutes a day. I love Yoga, but I was intimidated. Practicing at home for only 10 minutes helped me gain my confidence. It's a great benefit for the mind, spirit and body. (I am going to start my own yoga YouTube channel soon! Here is a great channel to start your yoga journey: <https://www.youtube.com/user/yogawithkassandra>)
4. I have incorporated weight training into my weekly routine. I am starting with 2x a week and hopefully working up to 3x, one hour per session. Pretty easy and fun!

Benefits of Weight Loss:

- Better sleep
- Reduce cancer risk
- Improved sex drive
- Prevent Type 2 diabetes
- Arthralgia – Reduce joint pain
- Hypertension – Lowers Blood Pressure
- Balanced mood
- Decreased risk of stroke
- Decrease High Triglycerides
- Higher self-esteem
- Hypercholesterolemia – Lowers LDL
- More energy
- A healthier heart
- Better Mood
- Improved immunity
- Improve Sleep apnea
- Clearer skin
- Food will taste better
- Improved mobility and reduced pain
- Reduce your health risks
- Sexual dysfunction

The bottom line: Listen to your body. The goal is not to be "skinny" but to be healthy! Make sure to take good care of your body...we only have one in this lifetime.

Here are more ideas to think about:

- Titrate down to a maintenance load of Weight Loss Peptide and/or stretch out the number of days between injections but keep on taking it.
- With the success of these peptides/medications, I am sure that Pharma Companies are working on another medication that will be taken after the weight loss goal is achieved to help maintain your goal weight.
- Exercise: Incorporate moderate-intensity exercise into your routine and try to make gradual lifestyle changes. You can start with walking and then add other activities like running, rowing, or strength training.
- Diet: Eat a plant-forward diet that includes lean proteins, fruits, and vegetables. You can also try adding protein to meals throughout the day and eating foods that are high in fiber and healthy fats, like whole grains, leafy green vegetables, and avocados.
- Other habits: Prioritize sleep and try to get 7 to 9 hours each night. You can also try to manage stress and hold yourself accountable by monitoring your progress.

Here is an interesting article: <https://www.healthline.com/health-news/slowly-coming-off-ozempic-wegovy-may-prevent-rebound-weight-gain>

I hope this helps!

❤️ Nikki

