

APRIL 2026

# Weight Management

## Newsletter



**Spring is an ideal season for weight loss, utilizing longer days, warmer weather, and fresh, seasonal produce to boost activity and improve diet. Sustainable, effective strategies include eating more vegetables, cutting down on processed carbs, drinking more water, and increasing outdoor exercise to naturally burn more calories.**

**1**

### WEATHER

Warmer weather allows for more outside activities, boosting metabolism.

**2**

### SEASONAL PRODUCE

More colorful and delicious choices improves fiber intake.

**3**

### BETTER CHOICES

Spring increases wellbeing leading to improved habits.

Mel Robbins' 5 Second Rule is a meta-cognition tool to combat hesitation, fear, and procrastination by counting backward "5-4-3-2-1" and physically moving within five seconds. This action disrupts negative thought patterns and triggers the prefrontal cortex to bypass the brain's habit-loop of fear and inaction.

The Mel Robbins 5 Second Rule for weight loss involves counting backward "5-4-3-2-1" to bypass hesitation and immediately act on healthy impulses, such as waking up early to exercise, choosing nutritious foods over junk, or skipping the snooze button. It transforms hesitation into action by breaking the habit of overthinking



**The core principle is to use the countdown to disrupt negative thought patterns and act within 5 seconds before your brain sabotages the decision**

## **5 Second Rule for weight loss:**

- **Immediate Workout Action:** When tempted to skip a workout, count "5-4-3-2-1" and immediately put on your gym shoes or head out the door.
- **Preventing Snooze Button Usage:** When the alarm goes off, count "5-4-3-2-1" and force yourself to get out of bed immediately to start your day.
- **Nutritious Food Choices:** When tempted by junk food, count "5-4-3-2-1" to pause, walk away, or choose a healthier option.
- **Overcoming Inertia:** Use the countdown to instantly make a healthy smoothie or start a planned, but dreaded, workout,.
- **Intermittent Fasting:** If tempted to eat outside your window, count "5-4-3-2-1" to affirm your dedication and wait until your fasting period

# Jump Start Spring Challenge

## 10 Day Spring Fitness Challenge



DAY	ACTIVITY	COMPLETE ✓
Day 1	Create a new playlist	
Day 2	Spend 30 minutes outside	
Day 3	Sign up for a race or class	
Day 4	Set a fitness goal	
Day 5	Prep fruits & veggies for the snacks	
Day 6	Add an extra 8 oz glass of water	
Day 7	Complete a core workout	
Day 8	Spend 15 minutes stretching	
Day 9	Get 10,000 steps	
Day 10	Create a new habit	

# Key Habits for Weight Loss

Losing weight does not have to mean extreme diets or cutting out every food you love. In fact, the most effective weight loss plans are usually the ones you can stick with long term. Small, consistent habits often lead to the biggest results.

Start by focusing on your meals. Try building each plate with protein, fiber, and healthy fats. Foods like eggs, chicken, yogurt, beans, vegetables, fruit, and nuts can help you stay full longer and reduce overeating.

Next, pay attention to drinks. Sugary coffees, sodas, and juices can add a lot of calories quickly. Replacing just one high-calorie drink a day with water or a lower-calorie option can make a real difference over time.

Movement matters too, but it does not need to be intense. Walking daily, doing short strength workouts, or simply moving more throughout the day can support fat loss and improve energy.

Sleep and stress also play a bigger role than many people realize. Poor sleep and high stress can increase cravings and make healthy choices harder. A regular bedtime and even a few minutes of daily relaxation can help.

Most importantly, aim for progress, not perfection. A good weight loss plan should feel realistic, flexible, and healthy enough to maintain. Finding a plan that is sustainable for long term weight management is key.



# Client Success Example

60 year old female started Weight Management in 2024 at 288 lbs. she is now down 103 lbs with initial goal of <200 lbs ,now at 185 lbs.

GLP 1 use - Started with Semaglutide for 1 year now using Tirzepatide and moving closer to her goal weight.

She is focused on steady fat loss, muscle protection, joint safety, and sustainable habits. Sustaining a healthy pace 1–1.5 lbs per week. The full journey takes 12–24 months, which is normal and sustainable. Slowly creating a “new normal” with the help of the medicine.

Daily targets

Protein: ~80–100g/day

Fiber: 25g+

Water: 64–80 oz

Diet Example

Breakfast- Greek yogurt + berries + chia seeds

Snack- Apple + almonds

Dinner-Salmon, roasted vegetables, quinoa

Limit:

sugary drinks

refined snacks

late-night eating

Movement - combination of walking and

hand weights.



# Supplement of the Month

## Weight Loss Bundle #2



### Weight Loss Bundle #2

\$155.00

Combination of 3 supplements to maintain health and weight after completing semaglutide therapy

Contains 3 supplements

MitoPro

A combination of essential vitamins and minerals, with high dose B-Vitamins and antioxidants like NAC, Acetyl-L-carnitine, Lipoic acid, and others. MitoPro improves cellular energy by stimulating mitochondria as well as improving detoxification.

Lipo burn

Available at

[happyhormonecottage.com](http://happyhormonecottage.com)

is a potent supplement for those seeking to optimize their metabolism and cardiovascular health. This blend includes Green Coffee Bean Extract, Magnesium, and a raw material called Metabolaid® (made up of Hibiscus & Lemon Verbena Extracts) that has been featured in 7 clinical trials showing its support for weight management, satiety and appetite control.

- Green Coffee Bean Extract has been shown to reduce body mass by interacting with fat accumulation and lipid metabolism
- In 2 clinical trials Metabolaid when combined with dietary change showed an average of 9lbs of weight loss in a matter of 8 weeks. Subjects also saw improvements in blood pressure and resting heart rate.
- In a 12-week trial with 84 volunteers and no dietary change, Metabolaid helped subjects lose an average of 5lbs of fat, with continued improvements
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- **Liver pro** was formulated to support optimal liver function and fat metabolism. LiverPro contains Bergacyn FF (Bergamot extract and Artichoke Extract blend) and Aged Black Garlic. The ingredients work synergistically for enhanced cardiometabolic health.