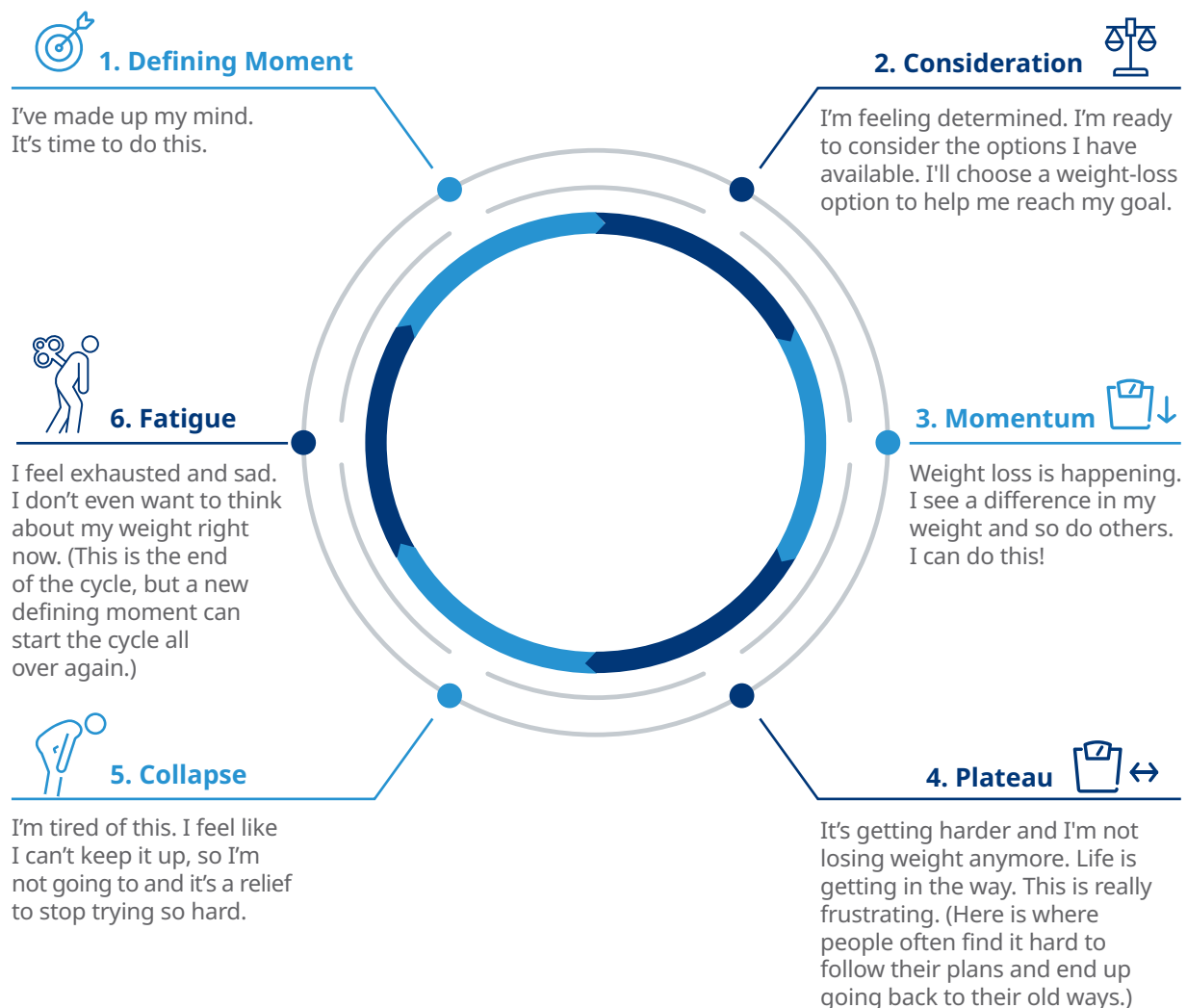


Are You Stuck in the Weight Loss Cycle?

You've tried over and over again. It never seems to get any easier. The results never seem to last.

Most people get caught in a cycle that begins when they decide to take action, but often ends when they get discouraged as it gets harder to lose weight.



With help, the weight loss cycle can be broken!

People with obesity generally make 7 serious attempts to lose weight over time. However, it doesn't have to be this way. The key is to work with a health care provider with experience in weight management. Let them know about your history with weight loss and work together to develop a plan that's right for you. **Learn more at [TruthAboutWeight.com](https://www.truthaboutweight.com).**