

# ARE YOU WEIGHT LOSS RESISTANT?

1. Are you insulin resistant: *(if you answer yes to 3 or more of these, you most likely have metabolic syndrome)*
  - Is your fasting blood sugar 100 or greater?
  - Is your fasting insulin greater than 10?
  - Is your hemoglobin A1C greater than 5.5?
  - Are your triglycerides greater than 150?
  - Is your triglyceride:HDL ratio greater than 3:1?
  - Are your HDLs less than 50 (woman) 40 (man)?
  - Is your waist measurement greater than 35 (woman) or 40 (man)?
  - Is your waist:hip ratio greater than 0.08 (woman) or 1.0 (man)?
  - Is your body fat percentage greater than 37% (woman) or 29% (man)?
2. Are you “stressed-out”? *This can be confirmed by taking our stress questionnaire, an adrenal salivary stress index test and/or looking at your DHEA-sulfate and testosterone levels.*
3. Do you have a depressed metabolic rate? *This is either tested via the Tanita Segmental BIA machine or the HealthyTech or MedTech BMR analyzer. Confounding data includes chronic yo-yo dieting.*
4. Have you been diagnosed with hypothyroidism by a health care practitioner through lab testing?
5. Have you failed on 3 or more diets in the past?
6. Do you have cravings that are extremely difficult to control?
7. Do you have a familial problem with obesity?
8. Do you get 7 hours or less of sleep two or more nights a week?
9. Have you ever suspected or been diagnosed with food allergies?
10. Are you exercising ineffectively? *(Any yes answer below is a yes answer to this question)*
  - Are you exercising 2 times or less per week?
  - Are you only doing cardiovascular exercise?
  - Are you combining cardio with strength training in the same session?
11. Do you have trouble building muscle?
12. Are your hormones imbalanced (PMS, peri-menopause, etc.)?

**If you answered yes to even ONE of the above questions, you have identified factors that can contribute to difficulty losing weight and especially losing fat and maintaining/increasing active muscle tissue.**

**If you have answered yes to 3 or more then you are moderately weight loss resistant (WLR), and if you have answered yes to 4 or more, you are very weight loss resistant. This means that you must address your weight loss resistance and correct the problems to ensure that you will have a successful long-term weight management.**