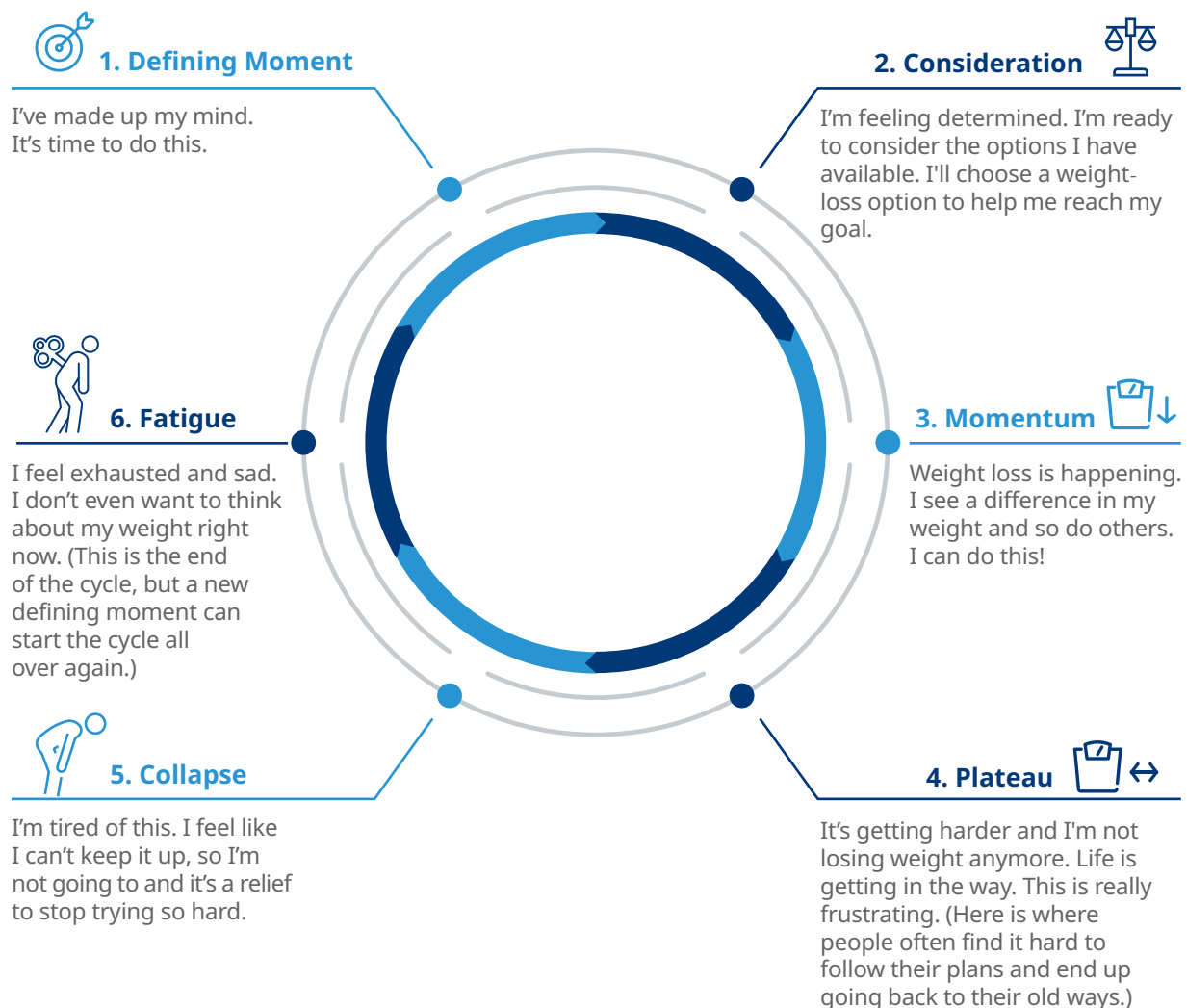


Are You Stuck in the Weight-Loss Cycle?

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

People may 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 excess weight generally make 7 serious attempts to lose weight. Losing weight is a challenge, but maintaining those results can be just as hard—creating a weight-management plan with your healthcare provider can help. **Learn more at [TruthAboutWeight.com](https://www.truthaboutweight.com).**