

THE BUSY DOCTOR'S

QUICK-START GUIDE TO EFFECTIVE WEIGHT LOSS



WEIGHT LOSS
FOR BUSY PHYSICIANS
— with Katrina Ubell, MD —

Hello!

It's my sincere pleasure to share with you my quick-start guide to effective weight loss - tailored exclusively for today's busy female physician.

I have great news for you!! It is absolutely possible for you have the crazy-busy life you currently have while effortlessly maintaining your ideal weight permanently. Can you imagine not needing to use food to make yourself feel better during a stressful day at work or when the kids are out of control at home? Or having the time and energy to eat right, exercise, take care of yourself and your family, and still sneak in the proper amount of sleep you need? Would this be your dream come true?

If so, you are in the right place! To get you started on this path, I've distilled down six of my best tips, which I am so pleased to share with you below!

1

DISCOVER YOUR WHY. Why do you want to lose weight? Have you stepped on the scale recently? What do you weigh now and what is your goal weight? Write these all down. Then write down what it will feel like in your body when you have achieved this goal weight. How will your clothes fit? What will it feel like to stand all day, run, or sit down and cross your legs? You must know what your destination is before you embark on your weight loss journey.

2

FIND THE TIME. Every doctor with a weight issue thinks they don't have time to prioritize their health. To determine if this is true, create a time journal to find out how you are actually spending your time. Take a calendar broken up into half hour increments and write down what exactly you spent each segment on over the course of 3 days. Don't forget to include how much time you spend on social media/Facebook. After that is complete, spend a few moments reviewing your journal. Is there room for increased efficiency at work so you can leave on time and not have to chart late into the night? Is it possible to farm out household tasks so that you can have the time you need to take care of yourself? What are your expectations of yourself and can you let some go to make taking care of your body and mind a top priority?

3

STOP OVEREATING. If you mostly eat "healthy" foods but the weight won't budge or you are actually gaining, overeating is likely the cause. Oftentimes when we overeat, we are eating to avoid a negative feeling or emotion, so whether you use chocolate cake or baby carrots, it's still not the best way to deal with negative emotion and it's certainly not honoring your body's natural hunger signals. The next time you want to eat, pause for a moment and get in tune with your body. What are you actually feeling? Where is it in your body? What is the name for that emotion? Then determine whether you are physically hungry or not. If not, work to allow the emotion to pass without resisting it, reacting to it, or distracting yourself from it by eating food, healthy or not. Keep practicing!

4

EXERCISE. Exercise is a health tool, not a weight loss tool. As all doctors know, regular exercise is good for decreasing cardiovascular risk, decreasing stress, improving sleep, improving mood, and a whole host of other benefits. If you choose exercise for weight loss or weight management, you will be disappointed because you will lose weight so slowly that it won't seem like it's making any difference. The fact is: You can't out-exercise a bad diet. So find a form of exercise that feels good. That you actually enjoy and look forward to. That you can do with your kids around. And do that, regularly. But do it because it's a form of self care, not because it will get you "bikini ready."

5

SELF CARE. It's kind of a "hot topic" concept, but it's so crucial when it comes to permanent weight loss. If eating food is a huge part of the overall pleasure you experience every week, of course you would be resistant to giving that up! When you take care of yourself first and fill your own needs without needing food to do that for you, you are able to care for others from a place of abundance, rather than a place of scarcity or depletion. This makes a HUGE difference for doctors. Work out a plan to get the sleep you need (especially post-call). Explore short, daily guided meditations to aid in stress relief and to decrease cortisol levels (my favorite is the buddhify app!). Talk to your partner about finding ways to make this happen. It is not indulgent to give your mind and your body what they need to be content and whole and able to sustain a doctors' hectic life pace.

6

STOP SNACKING. The latest weight loss research shows that a low-fat, calorie restricted diet is not the most effective way to lose weight permanently. This is not much of a surprise as we have seen our patients and ourselves fail at permanent weight loss over and over again using this method! We now know that consistently elevated insulin levels are the cause of the increased weight set point that many people struggle with. To lower our natural weight set point to our ideal weight, we need to allow our insulin levels to become low more often than just at night when we sleep. The first way to start doing that is to stop eating between meals, even if we feel hungry. When you make the decision to never snack, you become more familiar with what true hunger feels like in your body and you learn that you absolutely can tolerate hunger without acting on it. For more information, including the research I referred to, I highly recommend reading *The Obesity Code* by Jason Fung, MD. So the next time you see that leftover brownie from the drug rep lunch, keep on walking! And make sure you're drinking enough water or sparkling water so you stay hydrated.

So there they are! My 6 tips for jumpstarting your weight loss, while still juggling the busy life of a doctor.

I've been where you are now. I spent 10 years in private practice, gaining and losing, gaining and losing the same 40 pounds, over and over. I understand all the struggles: lack of sleep, lack of energy, lack of time, lack of planning, lack of support, lack of easy healthy food options, and lack of exercise. As I approached my 40th birthday, I began to wonder if I just needed to stop trying to lose weight and start working on accepting my heavier body as it was.

As a last ditch effort, I hired a life coach who specializes in weight loss. This has proven to be one of the best decisions and investments I've ever made in my life! I was able to open up my mind to get to a place where I no longer need to use food for anything besides fuel. Do I have the occasional joy eat? Heck, yeah! But I learned first-hand that my attitude and thinking had to change before I could beat this weight loss issue for good. Then I became a certified life and weight loss coach myself so that I could share what I learned with you, my fellow doctors, who I know experience the same struggles.

To make it where you are in life, you must not only be intelligent and hard-working, but also determined and full of grit. So let me help you apply these amazing qualities to your weight loss struggle.

To sign up to learn more about working with me in my next exclusive, practicing MD or DO physician coaching group, [CLICK HERE](#).

And keep heading back to www.katrinaubellmd.com for more great tools and tips for achieving permanent weight loss, geared exclusively toward busy women physicians!

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