

# IDEAL PROTEIN MAINTENANCE & STABILIZATION

Congratulations! Let us continue to help you to maintain your lifestyle goals!

One of the first things my dieters say when they complete their goal is that they're scared to death of going off protocol completely. They're scared if they go back to eating "regular food" they will gain their weight back. Sadly, many do because the hardest challenge in weight loss is to actually KEEP the weight OFF! Studies consistently show that maintaining weight loss is a greater challenge than losing weight. It's not because the diet didn't work, it's because the dieter let's old habits slip back in.

But don't worry.....we have invested in the powerful approach of "Ideal Protein's Lifestyle of Maintenance Program." Research shows that dieters that stabilize and maintain their weight loss results are successful over the long haul for three reasons:

1. **They have a plan.** First, each dieter sets a "trigger weight number" that would signal a call for help. Then, seventeen (17) structured visits are scheduled over the course of the following year after weight loss has been achieved. Bottom line, we hold your hand! We cross the finish line in victory together.
2. **They stay connected to their coach.** The maintenance journey consists of weekly visits in the first month of maintenance, bi-weekly visits in months two and three, and monthly visits from months 4 – 12. During these personal coaching sessions, victories and challenges are identified, what's working, what's not, strategies on how to eat and shop are suggested, good and bad food combinations are explained, and the role of healthy exercise is encouraged. We are there for you, celebrating successes, helping overcome setbacks, and above all, guiding and educating you to ensure your new healthy weight.
3. **They prioritize their new lifestyle.** Many of our dieters have told us the story that it's finally their time to put their health first. It is an ongoing commitment to themselves and their health that keeps them motivated, engaged and aware of what they put in their bodies and how they treat their bodies.

What works for you?

Some dieters go on to follow food plans that work best for their health or food sensitivities that they've become aware of since their weight loss. Check out a few of these resources:

[www.lowfatlowcarb.com](http://www.lowfatlowcarb.com)

- Official chef for Ideal Protein Corporate

[www.drfuhrman.com](http://www.drfuhrman.com)

- advocate of whole food and minimum animal protein and author of Eat to Live

[www.drhyman.com](http://www.drhyman.com)

- advocate of whole food, no sugar and minimal animal protein and author of Eat Fat, Get Thin

[www.robbwolf.com](http://www.robbwolf.com)

- advocate of Paleo Diet and Gluten Free Eating and the author of The Paleo Solution