




Overcoming the Top Challenges to Effective Weight Loss



The video overlay on the right side of the image features a dark background with white and green text. At the top, it says "Doctor of Nursing Practice" in small blue text, followed by "Kerry Traugott, DNP" in white. Below this is a large white "01" with a green outline. To the left of the "01" is a vertical list of numbers 01 through 05, with 01 highlighted in white and the others in green. Below the "01" is the text "Not Eating Enough Calories" in white. Underneath that is a paragraph in white: "Avoid the common pitfall of eating too few calories; it triggers 'starvation mode' and results in water, not fat, loss." At the bottom right is the website "DrTraugott.com" in white.

01
02
03
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05

Doctor of Nursing Practice
Kerry Traugott, DNP

01

Not Eating Enough Calories

Avoid the common pitfall of eating too few calories; it triggers 'starvation mode' and results in water, not fat, loss.

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Weight loss plateaus can be frustrating, but understanding the underlying causes can help you break through them. This video highlights [five key reasons that could be hindering your weight loss progress](#), such as poor eating habits, insufficient exercise, hormonal imbalances, and stress management difficulties. Discover effective strategies to tackle these challenges and create a path to sustainable weight loss, fostering better health and a more active, confident lifestyle.