RUNNING ON EMPTY · READER RESOURCE

# The Weight Stewardship Mindset

A steward looks after something valuable over time. They don't expect perfection. They don't panic every time something changes. They pay attention, adapt as life changes, and keep caring for their health.

| Weight-loss mindset | Weight stewardship mindset |
|---|---|
| Focused on reaching a goal weight | **Focused on supporting long-term health and well-being** |
| Sees treatment as something to finish | **Sees treatment as ongoing care that evolves over time** |
| Looks for a finish line | **Focuses on learning, adapting, and caring for health over time** |
| Plateaus feel like something has gone wrong | **Plateaus are a normal part of managing a chronic disease** |
| Weight regain feels like failure | **Weight regain is information that helps guide the next step** |
| Measures progress mainly by the number on the scale | **Measures progress by health, function, consistency, and quality of life** |
| Asks "When can I stop?" | **Asks "How can I keep caring for my health?"** |
| Hope comes from reaching a destination | **Hope comes from knowing you can navigate whatever comes next** |

WHEN WEIGHT IS GOING UP

### "What has changed?"

Sleep, stress, a new medication, life circumstances. Regain isn't a verdict. It's information.

WHEN WEIGHT HAS STABILIZED

### "Is my current treatment providing enough support?"

Adjusting treatment over time isn't failure. It's how chronic diseases are managed.

*Long-term management isn't the consequence of treatment. Long-term management is the treatment.*



For education only. Not a substitute for individualized medical advice.