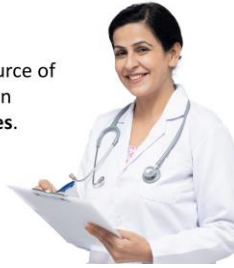


Supporting Meaningful and Attainable Healthy Lifestyle Goals in Chronic Weight Management

Foundations of Lifestyle Counseling



Patients are the single source of **truth** about their own **individual experiences**.

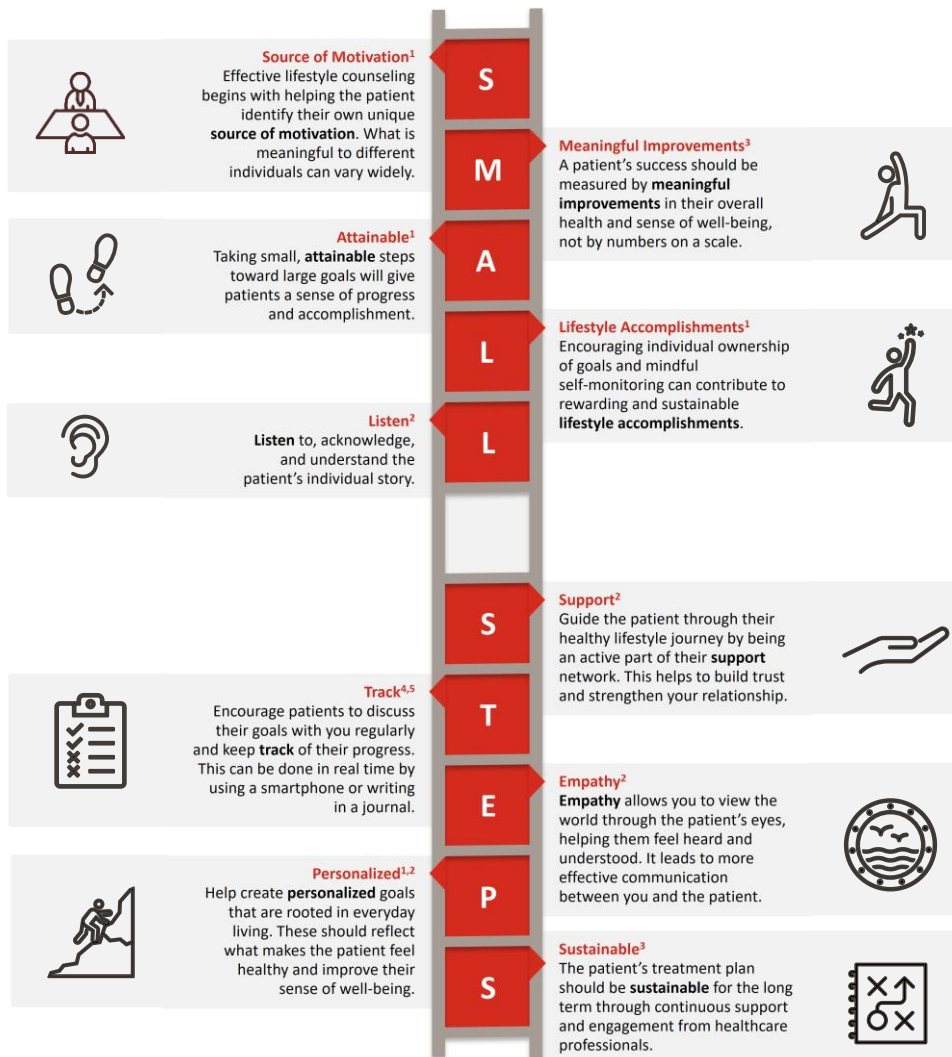


Understanding individual motivations and goals through **empathy and trust** is central to effective lifestyle counseling.^{1,2} Individualized lifestyle counseling can help to establish meaningful and attainable lifestyle goals, including **well-being, healthy eating, and physical activity**.^{1,2}

*These are not real patient-doctor images and are being used for illustration purposes only.

Let's Begin With "SMALL STEPS"

A Personalized Approach Enables Supportive Conversations



The Small Steps model provides a counseling approach that can be used to offer lifestyle training guided by **empathy and trust**.

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