

# QUICK-START GUIDE TO INFERTILITY WEIGHT LOSS

TEN THINGS YOU MUST KNOW  
TO SUCCEED

*with Cara Gauthier, Infertility Life Coach*

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## HELLO!

I am happy to share with you my quick-start guide to infertility weight loss - tailored exclusively for women trying to conceive.

Why is it so hard to lose weight during infertility? Because the experience is hard! When you turn to food to cope with hard things, weight loss is bound to be difficult as well. Even if you have carried the weight with you for a long time, it is entirely possible to lose it and maintain your ideal weight permanently with the right information. Can you imagine not needing to use food to make yourself feel better during the stress of infertility? Or regaining your energy, having more joy and feeling more confident about your life as you build your family?

If the idea of those things excites you, you are in the right place! To get started on the path of infertility weight loss, I've distilled down ten of my best tips in this guide. These are the top things you must know to succeed with permanently losing weight to improve your fertility.

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# 1

## The reason why.

Many women are told to lose weight before beginning fertility treatment but they don't commit to the reason why. Knowing why you want to lose the weight will offer you a compelling reason to keep going when it gets hard. Losing weight has to be something YOU want to do for YOU.

# 2

## Your hormones play a huge part.

By now you've probably heard your doctor talk about hormones and the impact they have on your body. If you have excess fat on your body, you likely have an excess of estrogen. The estrogen excess could be exacerbating some of your infertility symptoms. Decreasing your weight can alleviate some of these symptoms and allow your hormones to stabilize.

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# 3

## Snacking between meals will make it harder to drop the pounds.

Every time you eat, your insulin level goes up. If you are constantly snacking your body never has the chance for your insulin level to drop and consequently it isn't able to use your fat stores as fuel.

# 4

## Your level of emotional courage will make a huge difference in your success.

Emotional courage is the ability to do hard things, even when they are difficult. Infertility presents many opportunities to use your emotional courage, but so does weight loss. Learning how to build up your emotional courage will help you with both issues.

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# 5

## Willpower doesn't work in the long run.

If you've been relying on this technique you've probably discovered that willpower, dietary restrictions, and deprivation do not work to achieve permanent weight loss. If you feel like you are white-knuckling your way through the experience of weight loss, it will continue to be a struggle. It is possible to not use willpower to lose weight and keep it off.

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• **6** •

**Your body is not broken.**

One of the most common thoughts women with infertility have is that their body is broken in some way. Believing in the ability of your body is essential for achieving weight loss and moving on to a successful pregnancy. Drop the thought that your body is broken and any other thought that is not serving you to achieve your goals.

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**Sleep is essential not optional.**

Sleep deprivation is a stressor that stimulates cortisol in the body, keeping insulin high. The less sleep you get, the more your weight loss efforts will be undermined. For optimal success, prioritize the shut-eye.

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• **8** •

**All calories are not created equal.**

A calorie from a carrot is processed much differently than a calorie from a cupcake. Know how foods affect your body and what results you get from eating different things. Your body is unique with how it will process everything. Understanding the signs and signals it gives you will help you learn how to fuel your body properly.

• **9** •

**Hunger is nothing to fear.**

Because being overweight is caused by overeating, you need to learn how to allow hunger in your life if you want to lose weight. We are taught that hunger is an emergency to be answered immediately. With permanent weight loss you need to learn how to allow hunger to be there at times without responding to it by eating. Don't be afraid of it. Learn how to embrace it and process the thoughts and emotions that come up when you are hungry.

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• **10** •

**Coaching will help you get you to your goal weight faster.**

Working with a coach skilled at weight loss and the emotions of infertility will help you move faster towards your goal weight and set you up for success on your way to motherhood.

I've been where you are now and I know how frustrating it is. I spent three years struggling to find answers to my infertility before I embarked on my own weight loss journey. I hired a coach and worked on the things that were holding me back from pursuing the healthiest body possible before going back into fertility treatment. I ended up losing 30 pounds total that I didn't even know was extra! Just by implementing these tools I was able to shed the weight and it made a world of difference with my stress levels and how I approached my fertility treatment. I had the peace of mind knowing I did everything I possibly could to create the best conditions to conceive. After I lost the weight, I went back into fertility treatment and conceived with my first cycle. I believe it was entirely due to the work I did through coaching to prepare my mind and my body for pregnancy and motherhood.

To be an exceptional mother you need to learn how to overcome obstacles that are in your way and teach your children how to do the same. If weight loss is an obstacle for you and something you believe would help improve your chances of conceiving, let me help you apply these strategies in your own life.

To sign up to learn more about working with me [CLICK HERE.](#)

Keep checking [www.infertilitylifecoach.com](http://www.infertilitylifecoach.com) for more great tools and tips for achieving permanent weight loss, geared exclusively toward infertility!



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