# **The Journey from Patient to Weight Loss Expert Coach**



Battling weight issues themselves before becoming guides for others, a **[weight loss expert](https://bestweightlossmedication.com/contact-us/)** leverages personal journeys to provide personalized support.

From shared struggles to tailored guidance stemming from lived experience, coaches aim to help clients sidestep familiar obstacles and fast track to sustainable success.

This article explores how coaches' own inspirational backstories position them to shepherd clients to victory over lifelong weight battles.

## **The Path from Patient to Expert Coach**

Sarah has battled with her weight since childhood. Despite trying every diet fad and fitness trend, she continued to gain weight into adulthood. Feeling helpless and out of options, she considered bariatric surgery.

Before going under the knife, **Sarah** decided to try one last diet suggested by a friend. To her surprise, she finally began to lose weight and keep it off. Sarah's personal journey motivated her to become a certified weight loss consultant.

"If I can learn how to lose weight sustainably, I can teach others too. My own struggles give me special insight into clients' challenges with rollercoaster dieting. I want to provide the support I wish I had."

Now a successful weight loss coach with her own practice, Sarah credits her triumph over lifelong obesity as the driving force behind her vocation.

***Like Sarah, many weight loss experts have inspiring backstories. Their firsthand experience equips them to empathize with clients struggling to lose weight.***

## **The Struggle with Weight Impacts over 70% of Adults in America**

Losing weight is no easy feat - over **70%** of American adults are overweight or obese. Being markedly overweight increases risks for:

* Heart disease
* Stroke
* Type 2 diabetes
* Certain cancers

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|  | **Condition** | **Prevalence** |  |
|  | Overweight | 30.7% |  |
|  | Obesity | 42.4% |  |
|  | Severe Obesity | 9.2% |  |

*Statistics Source: CDC National Center for Health Statistics*

Despite motivated efforts, most dieters end up regaining lost pounds. This discourages further attempts and promotes a cycle of yo-yo dieting.

"I was stuck in a 10-year rollercoaster of unsuccessful diets before I found the approach that finally worked."

**- Sandra, weight loss coach**

The high failure rate of solo dieting drives many to seek external support. Weight loss coaching provides accountability, personalized planning, and an expert guide on the journey to better health.



## **Leveraging Shared Struggles to Support Clients**

Undergoing their own weight loss journey equips coaches to empathize with clients. Having walked in clients' shoes, they intimately understand the obstacles faced.

***Struggles coaches commonly share with clients include:***

* Difficulty sticking to restrictive diets
* Overwhelming food temptations
* Repeated weight cycling and regain
* Negative impacts to self-esteem
* Judgment about character or willpower

"I know exactly how dispiriting it is to diligently diet just to gain it all back. My experience helps clients feel truly understood."

Coaches leverage shared struggles to validate clients' difficulties shedding pounds. Identifying with the emotional toll helps establish rapport quickly.

## **Tailored Guidance from Lived Experience**

A shared history of battling the bulge allows coaches to provide targeted recommendations. They can anticipate likely pitfalls and offer guidance to avoid or overcome them.

***For example***, coaches advise clients based on their proven personal strategies, such as:

* Meal planning tips to stay on track
* Hacks for handling cravings
* Mindset shifts to boost consistency
* Finding hidden sources of excess calories
* Incorporating movement for sustainable weight loss

Furthermore, coaches help clients identify potential triggers sabotaging past efforts. They collaborate to develop coping mechanisms tailored to clients' unique challenges.

***"My own pitfalls help me pinpoint clients' likely trouble spots so I can equip them to circumvent or manage those snags."***

**- Brian, weight loss consultant**

Brian's remark highlights how personal experience grants coaches special insight. Their journey transforms them into guides able to shepherd clients to sustainable success.

## **Conclusion**

The passion fueling **[weight loss coaches](https://bestweightlossmedication.com/services/)** often stems from their struggles. Triumphing over lifetime battles with weight inspires them to guide others on the path.

Leveraging shared setbacks establishes deep bonds with clients in the same boat. Firsthand experience also allows coaches to provide targeted recommendations to overcome familiar obstacles.

***Ultimately, weight loss coaches aim to help clients sidestep their hard-learned lessons and fast track to success.*** Their victories equip them to support clients in losing weight sustainably.