

Individual reasons for weight gain



What and how much food is eaten, the **reasons** we eat



Irregular eating patterns



Mental health, emotional issues, trauma



Physical activity levels, time spent being **inactive**



Hormones, other health conditions, medications



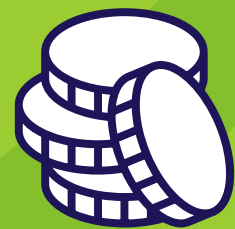
Lack of sleep



Genetics and family history



Previous attempts to lose weight



Income



Where you live and work



Your community, social environments, and access to services

Although these factors may make losing weight more challenging, weight loss can be achieved with the right changes for you.

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**HEALTHY WEIGHT
HEALTHY YOU**