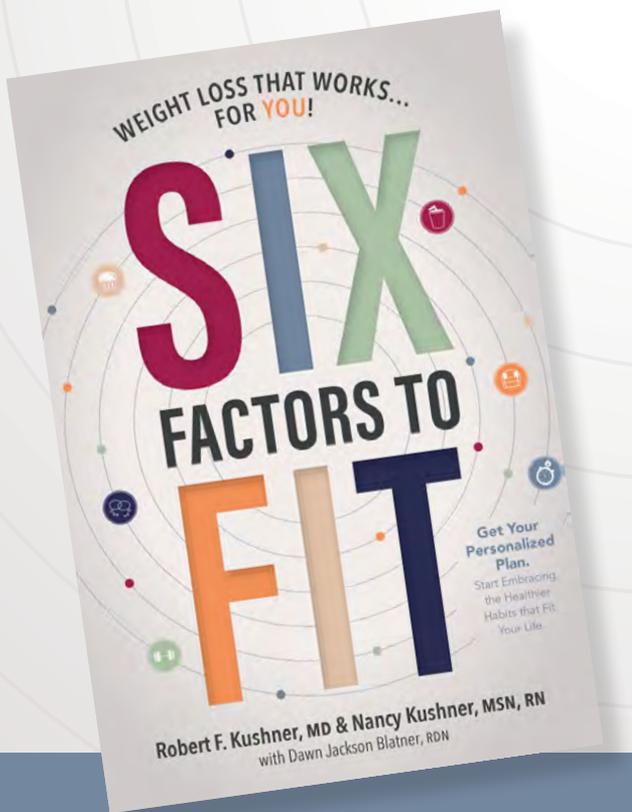


WHAT ARE THE SIX FACTORS TO FIT?

by Robert Kushner, MD; and Nancy Kushner, MSN, RN

Interview by Nancy Kushner, MSN, RN



Wife and co-author, Nancy Kushner, MSN, RN, conducts an interview with her husband, Robert Kushner, MD, about his new self-help Book, *Six Factors to Fit: Weight Loss that Works for You!*

Dr. Kushner is a nationally-renowned obesity medicine physician and is regarded as an expert across the world. He has a distinguished career history of helping patients think differently about their weight. He graciously volunteers at the OAC and is the Co-Chair of the OAC's Convention Program Committee.

What Inspired You to Write *Six Factors to Fit Weight Loss that Works for You?*

As a young doctor interested in diet, nutrition and weight control, I learned that I needed to incorporate various treatment approaches if I wanted to help my patients lose weight and keep it off. Merely helping them adjust their carbohydrates, fats or calories just wasn't enough.

I also needed to become an expert in helping them take control of other lifestyle factors that affected their weight, including:

- Physical activity
- Behavior change
- Stress management
- Sleep

While diet books promising one-size-fits-all solutions to weight loss were popping up everywhere, I took a completely different approach. I was paying attention to the different habits contributing to weight gain that were emerging in my patients, so I began to create treatment plans that met the individual needs of each patient.

Although I am an active clinician and see thousands of patients throughout the Northwestern Medicine Center for Lifestyle Medicine in Chicago, I wanted to share my expertise and experience with those who can't see me in the Center. Having written this book allows me to change more people's lives and give new answers to those who struggle with weight and want to get healthier.

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Why Do So Many People Struggle with One-Size-Fits-All Weight Loss Programs?

Most food-focused diet plans can help people lose weight, but because they're so restrictive and often don't address other lifestyle and mindset issues, they don't equip people with tools for when life gets in the way.

When this happens, many people fall back into old habits, thoughts and behavior patterns that led them to gain weight in the first place. The six factors I cover in my book are the top default habits and mindset patterns that people fall back into.

SIX FACTORS TO FIT



What are the Six Factors?

Through my published research, I identified the following six factors that are major barriers to long-term weight management.

- **"All or Nothing Doer"** is the individual who tends to be a black or white thinker when it comes to trying to lose weight. This person may be "all in" or wonder, "Why bother?"
- **"Easily Enticed Eater"** describes someone who struggles with eating temptations. They may also have an emotional connection with food.
- **"Fast Pacer"** describes someone who feels stressed and struggles with incorporating a healthy lifestyle into a busy life.
- **"Convenient Diner"** is someone who tends to eat out a lot and grabs what is convenient, without much planning ahead.
- **"Exercise Struggler"** is someone who is not physically active at the present time because of health restraints, or they just don't enjoy it.
- **"Self-Critic"** describes someone who engages in negative self-talk and may have poor body image and low self-esteem. These factors can easily get in the way of managing weight and moving forward in life.

With Your Book, How Do People Learn to Overcome Their Personal Challenges?

The program I offer in my book starts by having readers take a short Six Factor Quiz that is only 5-10 minutes long and is scientifically validated. The quiz reveals their scores for each of the six factors I described earlier. You can take the quiz online at DrRobertKushner.com/quiz and get your personalized results.

Based on these scores, readers are then given a personalized roadmap to the program that tackles the issues and challenges which are unique to them.

What if Someone is a Picky Eater? Is This a Hard Diet to Follow?

The Six Factors to Fit program is based on solid nutritional principles and is not about diet fads that eliminate entire food groups.

Instead, the program uses the foundations of calorie awareness and portion control to help you visually create a mix of foods that “fuel” you, fill you up and leave you mentally satisfied.

The program also includes nutrition recommendations that are spearheaded by Dawn Jackson Blatner, RDN. Dawn is our esteemed contributor and registered dietitian nutritionist who is nationally acclaimed for her work in nutrition. She is also a returning and beloved speaker at the OAC’s Annual Convention. With Dawn’s advice in this program, you can look forward to using “progressive meal planning” to ease your current diet into a healthier eating pattern.

What if Someone Needs to See Quick Results to Stay Motivated? What Can They Expect from Your Book?

By taking the Six Factor Quiz, you can expect to quickly see which factors have been getting in the way of achieving successful weight loss. Odds are, they are the same problems you may have been hoping other diet plans would help you solve.

You can also expect many “aha” moments as we help you think differently about achieving weight loss success. For example, you’ll learn:

- How one’s desire for the “quick fix” can be a set up for failure
- How to change a self-defeating mindset into a successful mindset

Our goal is to make long-term weight management easier by empowering you with evidence-based strategies that are tailor-made for you and have the best chances of working.

Different from other diet plans, this program has no restrictive phases to “reboot” or “cleanse” your body. These are not needed, and they only divert your attention away from what you need to do in order to adopt healthier habits for long-term success. I recommend a healthy pace of weight loss, which is half a pound to two pounds per week. Consistent weight loss that fits your lifestyle is the best approach to losing weight.

Is Your Book Helpful for Someone Who Has Had Bariatric Surgery?

Following a healthy diet, remaining physically active, and having a positive mindset are important for anyone who wishes to lose weight and keep it off. The lifestyle factors that contributed to your weight gain before surgery do not magically go away after surgery.

Although surgery typically forces a change in dietary habits, many people may still struggle with:

- Choosing healthy foods while on-the-go
- Eating out of boredom or unpleasant emotions
- Making time to fit in exercise

Still, others hold onto perfectionistic or ‘all or nothing’ thinking, or they have self-critical perceptions of their body. These factors may stall weight loss or even contribute to weight regain in the years following bariatric surgery.

In my practice, we have patients take the Six Factor Quiz before and periodically after surgery as a tool for focusing on and treating these personal barriers.

Does Your Website Offer Any Ongoing Support for Those Following the Six Factors to Fit Program?

Yes, it does! We offer up-to-date information through:

- Ongoing blogs
- A monthly Healthy Nudges Newsletter (*the option to sign up is at the bottom of each website page*)
- News links for my interviews about obesity or “Six Factors to Fit”
- The ability to re-take the Six Factor Quiz periodically
- A contact page where you can ask me a question

Recent blog topics include stress eating and tips for staying healthy at home during the COVID-19 pandemic.

What Was it Like Working with the Academy of Nutrition and Dietetics (AND) as Your Publisher?

They were great partners, as the entire completed manuscript was sent out to weight management experts around the country for peer review. Through this review and our own consultation with experts, all of the book’s information has been vetted by registered dietitian nutritionists, psychologists, physicians and an exercise physiologist. Successful weight loss and maintenance really is a team sport.

Our goal is to make long-term weight management easier by empowering you with evidence-based strategies that are tailor-made for you and have the best chances of working. ■■



What Was it Like Writing a Book with Your Wife?

Birthing this book together has been a labor of love that was years in the making. Nancy, a nurse practitioner and health writer, is more than just my writing partner (*this is actually the third book Nancy and I have written together*). She is also my life partner (*married 43 years!*) and dance partner (*you may have seen us dancing at the OAC's Your Weight Matters Conventions*). We share a passion for healthy living and helping others.

Nancy has been instrumental in helping to maintain the website as we collaborate on new ideas for blog and social media posts that offer up-to-date help for those who struggle with weight.

Learn More or Get in Contact

If you want to learn more about Dr. Kushner, or read articles that he has contributed, please visit the OAC's article library, [ObesityAction.org/Community/Article-Library](https://www.obesityaction.org/Community/Article-Library). You can also purchase his book on [Amazon](https://www.amazon.com), [Barnes & Noble](https://www.barnesandnoble.com) or [Indiebound](https://www.indiebound.org).

Dr. Kushner can be reached on Twitter ([Twitter.com/DrRobertKushner](https://twitter.com/DrRobertKushner)), Facebook ([Facebook.com/DrRobertKushner](https://www.facebook.com/DrRobertKushner)) and LinkedIn ([LinkedIn.com/in/RobertKushnerMD](https://www.linkedin.com/in/RobertKushnerMD)). He is always willing to answer your questions and provide the best help that he can.

About the Author:

Dr. Robert Kushner, MD, is the Medical Director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago; Professor of Medicine at Northwestern University Feinberg School of Medicine; Past President of The Obesity Society; a founder of the American Board of Obesity Medicine which certifies physicians in the care of patients with obesity; and Program Co-Chair of the OAC's Annual Your Weight Matters Convention & EXPO.



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



JOIN TODAY: GO TO OBESITYACTION.ORG/JOIN

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