



BEYOND WEIGHT™

ELEVATE

Your GLP Journey

THE STARTER KIT

FOR HIGH-ACHIEVING WOMEN



Your guide to thriving on GLP-1 medications

without losing yourself.



Sustainable weight loss



More energy



Stronger body



Sharper mental clarity



Unshakable confidence



Created by

Tahrin Siddiqua, MD

PHYSICIAN & FOUNDER OF BEYOND WEIGHT™





BEYOND WEIGHT™

ELEVATE

Your GLP Journey

Welcome,

**YOU'RE EXACTLY WHO
ELEVATE WAS
DESIGNED FOR.**



You're successful. You show up for everyone.
You manage careers, families, patients,
teams, deadlines, aging parents,
and endless to-do lists.

Yet somehow...

- ♥ You forget to eat all day and then overeat at night.
- ♥ You know exactly what to do but struggle to actually do it.
- ♥ You're exhausted from starting over.
- ♥ You worry that GLP-1 medications are helping you lose weight... but maybe not in the healthiest way.
- ♥ You don't just want to be smaller.
- ♥ You want to feel like yourself again.

**Welcome. You're exactly who
Elevate was designed for.**



**This isn't a diet.
This is simply how
I live now.**





BEYOND WEIGHT™

A Message

FROM ME To You

I'm **Tahrin Siddiqua, MD**,
and I created Beyond Weight
with you in mind.



WHY I BUILT BEYOND WEIGHT

I'm tired of seeing women settle for less than they deserve. Too many are not getting the full-spectrum care, real support, or a plan that goes beyond the scale.



GLP-1 MEDICATIONS ARE POWERFUL

They can be life-changing. But they're not the whole picture. Meds are a tool—not the entire solution. That's where we come in.



BEYOND WEIGHT IS THE MISSING PIECE

We act as your adjunct—addressing the root causes, building lifelong habits, and supporting your body, mind, and lifestyle so you can thrive now and for years to come.



FOR EVERY WOMAN, AT EVERY STAGE

Whether you are on a GLP-1 or not, you belong here. This program is for high-achieving women who are ready to take control of their health and create a life that feels as good as it looks.



My Promise to You



I will always lead with compassion, science, and honesty—giving you the tools, support, and strategies you need to feel your best and live with confidence.

You are not just chasing weight loss.

You are building your best life.



You are ambitious. You are capable. You are meant for more.

I built Beyond Weight for women like you—women who are ready to stop just surviving and start thriving. Let's elevate your health and create a future you're excited to wake up to—together.



I'm honored to be on this journey with you.

Let's do this—together.



Tahrin Siddiqua, MD
FOUNDER, BEYOND WEIGHT



BEYOND WEIGHT™

GLP-1 SUCCESS CHECKLIST



Are You Accidentally Sabotaging Your Results?

- I frequently skip meals.
- I struggle to meet protein goals.
- I haven't started strength training.
- I rely on motivation instead of systems.
- I eat very little during the day and most at night.
- I don't prioritize sleep.
- I think, "I'll start over Monday."
- I feel guilty after eating certain foods.
- I don't have accountability.
- I don't have a long-term plan.



If you checked 3 or more boxes...
you don't need more willpower.
You need support.

GLP-1 COMMON SIDE EFFECTS & Easy Solutions

Most side effects are temporary and improve as your body adjusts. These simple strategies can help you feel your best.

COMMON SIDE EFFECT	EASY SOLUTIONS
 <p>NAUSEA Feeling queasy or upset stomach.</p>	<ul style="list-style-type: none"> • Eat smaller, bland meals • Eat slowly and stop when you're satisfied • Stay hydrated • Ginger or peppermint tea may help
 <p>VOMITING Nausea that leads to vomiting.</p>	<ul style="list-style-type: none"> • Eat smaller portions • Avoid high-fat or greasy foods • Stay hydrated with small sips of fluids
 <p>BLOATING / GAS Feeling full, tight, or gassy.</p>	<ul style="list-style-type: none"> • Eat slowly and chew well • Avoid carbonated drinks • Limit gas-producing foods (beans, cabbage, onions) • Stay active (walk, stretch)
 <p>CONSTIPATION Infrequent or difficult bowel movements.</p>	<ul style="list-style-type: none"> • Drink more water • Increase fiber (fruits, veggies, whole grains) • Stay active • Consider a magnesium supplement if needed (check with your provider)
 <p>FATIGUE Feeling more tired than usual.</p>	<ul style="list-style-type: none"> • Get enough sleep • Stay hydrated • Eat balanced meals with protein • Listen to your body and rest when needed
 <p>HEADACHE Dull or pounding head pain.</p>	<ul style="list-style-type: none"> • Drink water • Ensure adequate electrolytes • Limit caffeine • Rest in a quiet, dark space
 <p>LOSS OF APPETITE Not feeling hungry or interested in food.</p>	<ul style="list-style-type: none"> • Focus on nutrient-dense meals • Prioritize protein • Eat even if you're not hungry—small, balanced meals help



Tips for Success:

✓ Start low and go slow

✓ Follow your provider's dosing instructions

✓ Communicate any concerns with your healthcare provider

✓ Be patient—your body is adjusting!



Disclaimer: I am a physician, but this information does not replace medical advice from your healthcare provider. Always consult your provider with any questions or concerns about your medication or health.



The ELEVATE™ Method



THE 4 PILLARS OF SUSTAINABLE SUCCESS



01 | NOURISH

Eat enough of what your body actually needs.

Protein first • Fiber daily • Hydration consistently
Strategic supplementation • Simple meals that fit real life

GOAL: Support fat loss while preserving muscle.



02 | STRENGTHEN

Muscle is your metabolic insurance policy.

Resistance training 2–4x/week • Daily movement • Mobility
Progressive overload • Recovery

GOAL: Protect metabolism and improve body composition.



03 | REGULATE

Weight isn't just calories. It's stress. Sleep.
Nervous system capacity. Emotional bandwidth.

Manage food noise • Improve sleep quality • Reduce all-or-nothing thinking
Navigate emotional eating • Build self-trust

GOAL: Create consistency without perfection.



04 | ELEVATE

Identity drives behavior.

Stop asking: "Can I stick to this?"

Start asking: "What would the woman I'm becoming do next?"

GOAL: Become the version of yourself
who no longer needs to start over.





BEYOND WEIGHT™

THE ELEVATE 5™

Daily Non-Negotiables



1. Eat 25–35 grams
of protein at each meal.



2. Drink at least 80 ounces
of water daily
(unsweetened drinks count).



3. Move your body for
20+ minutes.



4. Include one serving of
fiber-rich foods at meals.



5. Spend 5 minutes
reconnecting with yourself.



If you did only these five things consistently?
Your life would look dramatically different
six months from now.

BEYOND WEIGHT™

THE HIGH-ACHIEVER'S PLATE



Think simple. At most meals:

PROTEIN

½ PLATE
PALM SIZE



SMART CARBS

¼ PLATE
CUPPED HAND

VEGGIES

½ PLATE



HEALTHY FATS

SPARINGLY,
ABOUT 2 THUMBS



No tracking
required.



No perfection
required.
Just repetition.

Cravings and food thoughts don't always mean you're hungry.



PAUSE for 30 seconds before reacting to food noise.

INSTEAD OF PANIC, ASK:

H



HUNGRY?

When did I last eat?



A



ANXIOUS?

What's stressing me right now?



L



LONELY?

Do I need connection?



T



TIRED?

Have I rested today?



THE ANSWER DETERMINES THE INTERVENTION.

- ♥ **Eat something nourishing.** Your body needs fuel.
- ♥ **Take a moment to breathe.** Ground your mind.
- ♥ **Reach out to someone you trust.** You don't have to be alone.
- ♥ **Offer yourself compassion.** Be kind to yourself.



Not every craving is a call for food.

Sometimes it's a call for care.



WHAT DO I REALLY NEED IN THIS MOMENT?



Healing your relationship with food starts with understanding your needs, not fighting them.

PAUSE. IDENTIFY. THEN RESPOND WITH CARE.



MOVEMENT BASICS



Movement isn't a punishment or a requirement.
It's a *support system* for your goals.
You don't need an intense routine to succeed on GLP-1s.



1 STRENGTH TRAINING

Just two short sessions per week.
Improves body tone, maintains muscle,
and supports long-term maintenance.
Start light. Focus on form over intensity.



2 GENTLE CARDIO

Boosts heart health, mood, and energy.
Aim for 10–20 minutes a day.
Brisk walking, biking, swimming,
dancing, whatever feels doable.
A little goes a long way.



3 DAILY STEPS

Movement outside the gym
matters massively. Small steps
add up fast. Try adding 1,000–2,000
steps per day to your current baseline.



4 START SMALL

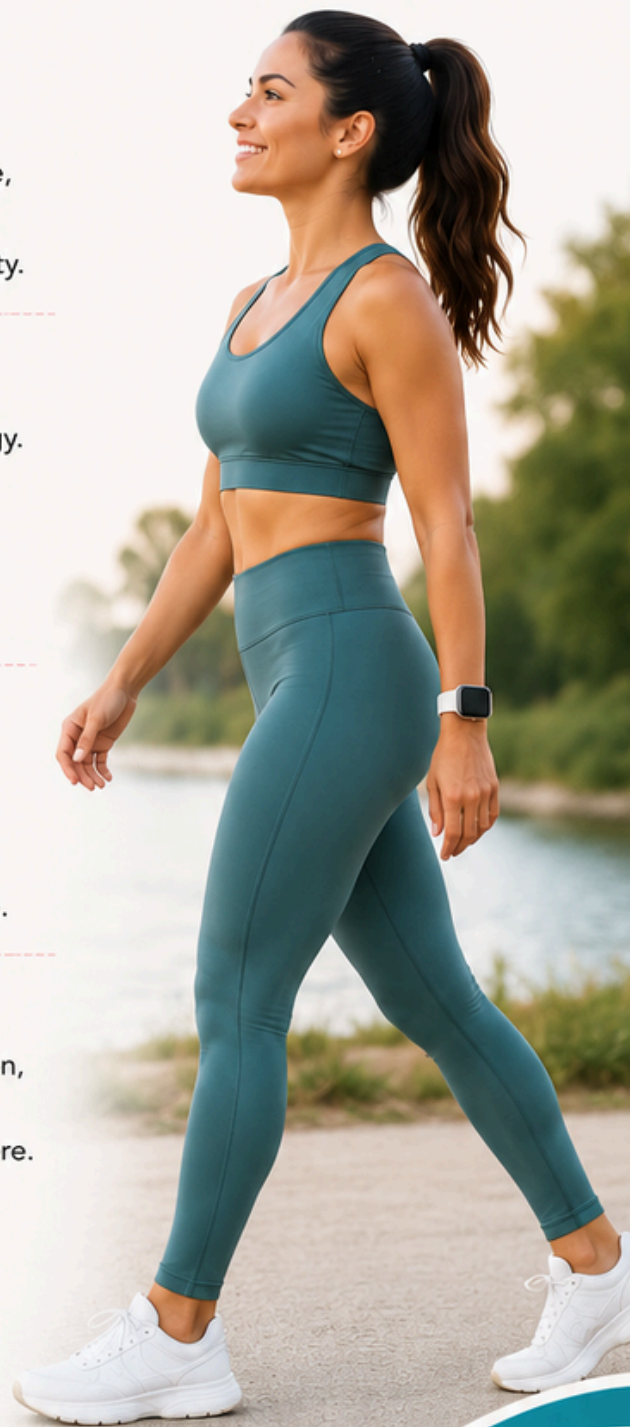
Especially when adjusting to medication,
less is more. Choose 1–2 forms of
movement that feel good and start there.
Let consistency build your confidence.



Remember:

Movement isn't about
burning calories.

It's about building a life
that feels good in your body.





BEYOND WEIGHT™



MOVEMENT THAT FITS YOUR LIFE



Sample Routine

OPTION A: 10 MINUTES

- Squats x 15
(Plate: ½ Plate)
- Push-ups x 10
(Plate: Palm Size)
- Rows x 15
(Plate: Palm Size)
- Glute bridges x 20
(Plate: Palm Size)
- Repeat 2–3 rounds.

OPTION B: 20 MINUTES

- Strength training
- Walk afterward

Done.

**Consistency beats intensity.
Every single time.**



STRESS LESS, Progress More



Stress can stall fat loss, increase cravings,
and disrupt your hormones.

Try these 5 daily stress-busters:



1

BREATHE

Take 5 deep breaths
when you wake up and before bed.



2

JOURNAL

Write it out.
Clarity creates calm.



3

GET OUTSIDE

Fresh air + sunlight =
instant mood boost.



4

MOVE YOUR BODY

Movement melts stress
and boosts endorphins.



5


PRIORITIZE SLEEP

7–9 hours of quality sleep
is non-negotiable.



Remember:

You can't pour from
an empty cup.

Take care of YOU. 





BEYOND WEIGHT™

NON NEGOTIABLES TO BE Successful



1. HYDRATE FIRST

Start your day with a full glass of water.



2. PLAN YOUR PLATE

Make food decisions before you're starving.



3. MOVE YOUR BODY DAILY

Find something you enjoy and just do it.



4. PROTECT YOUR SLEEP

Better sleep = better choices, energy, and mood.



5. BE KIND TO YOURSELF

Progress over perfection, always.



Remember:

You don't need to overhaul your life. Just choose one non negotiable.

Then keep showing up.



SMALL HABITS. BIG IMPACT.
THAT'S HOW YOU WIN.



BEYOND WEIGHT™

MINDSET MATTERS

Think It. Live It. Be It.



Your thoughts shape your choices.
Your choices shape your results.

Try These Mindset Shifts:



FROM ALL-OR-NOTHING

to One Step at a Time

"I slipped up" becomes
"I'm human and I'll keep going."



FROM THE SCALE

to How You Feel

Energy, strength, confidence—
those are real wins.



FROM SELF-CRITICISM

to Self-Compassion

Talk to yourself like someone
you love.



FROM QUICK FIXES

to Lasting Change

Real transformation takes time—
and it's worth it!



FROM COMPARISON

to Your Own Journey

Your path is unique.
Focus on your progress.



*Affirmation
for Today:*

I am capable.
I am growing.
I choose progress
over perfection.
I am becoming
my best self.





BEYOND WEIGHT™

SELF-CARE ISN'T SELFISH

It's Fuel for Your Best Life



You can't pour from an empty cup.
Taking care of *you* helps you show up
better for everything and everyone.

5 Simple Ways to Prioritize *You:*



- 1 SCHEDULE IT**
Put self-care on your calendar like any other priority.



- 2 START SMALL**
Five minutes still counts. Small steps create big change.



- 3 DO WHAT FILLS YOU UP**
Read, walk, dance, rest—whatever recharges you.



- 4 SET BOUNDARIES**
Protect your time and energy. It's okay to say no.



- 5 REST WITHOUT GUILT**
Rest is productive. You deserve to slow down.



Remember:

Taking care of yourself is how you take care of your life.

You are worth it.





BEYOND WEIGHT™

YOU'RE NOT ALONE

Support. Connection. Community.



Surrounding yourself with the right people makes the journey lighter and more joyful.

Ways to Build Your Support System:



- 1 TALK ABOUT IT**
Share your goals with someone you trust.



- 2 FIND YOUR PEOPLE**
Join our community of like minded women who get it. Share, learn, and lift each other up.



- 3 OFFER SUPPORT**
Encouraging others helps strengthen your own why.



- 4 USE POSITIVE RESOURCES**
Follow accounts, read books, listen to podcasts that empower you.



- 5 CELEBRATE TOGETHER**
Wins are better when shared with others!



Remember:

You are stronger, braver, and more capable than you think.

Keep showing up. You matter.



Join Our Community OF LIKE-MINDED WOMEN



You don't have to do this alone.
Lean on others, cheer each other on, and grow together.

♡ YOU BELONG HERE.

We can't wait to meet you!

