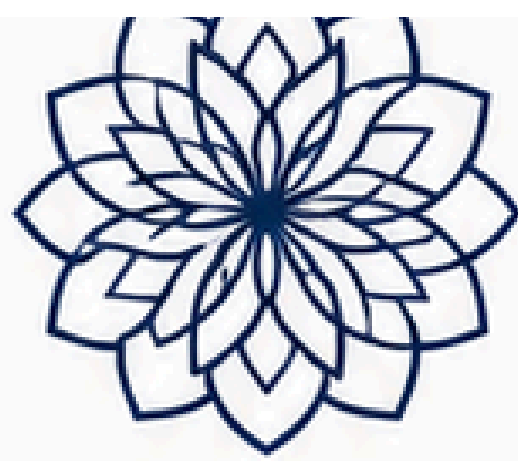




BEYOND WEIGHT™

ELEVATE

Your GLP Journey

THE STARTER KIT

FOR HIGH-ACHIEVING WOMEN

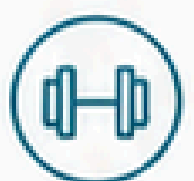
Your guide to thriving on
GLP-1 medications
without losing yourself.



Sustainable weight loss



More energy



Stronger body



Sharper mental clarity



Unshakable confidence

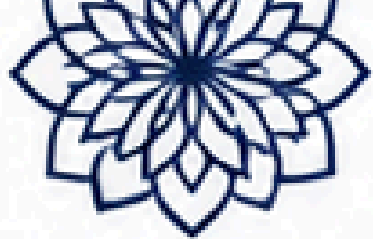


Created by

Tahrin Siddiqua, MD

PHYSICIAN & FOUNDER OF BEYOND WEIGHT™





BEYOND WEIGHT™

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.**



BEYOND WEIGHT™

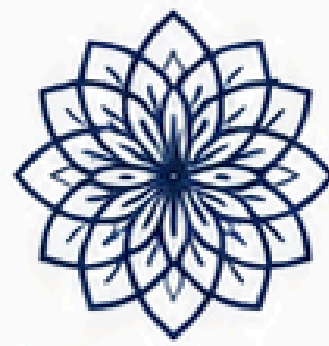
A MESSAGE

FROM ME

to You



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



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...

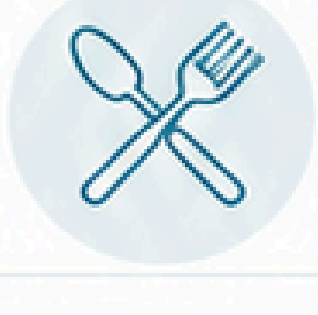
you don't need more willpower.
You need support.

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
	NAUSEA Feeling queasy or upset stomach.	• Eat smaller, bland meals • Eat slowly and stop when you're satisfied • Stay hydrated • Ginger or peppermint tea may help
	VOMITING Nausea that leads to vomiting.	• Eat smaller portions • Avoid high-fat or greasy foods • Stay hydrated with small sips of fluids
	BLOATING / GAS Feeling full, tight, or gassy.	• Eat slowly and chew well • Avoid carbonated drinks • Limit gas-producing foods (beans, cabbage, onions) • Stay active (walk, stretch)
	CONSTIPATION Infrequent or difficult bowel movements.	• Drink more water • Increase fiber (fruits, veggies, whole grains) • Stay active • Consider a magnesium supplement if needed (check with your provider)
	FATIGUE Feeling more tired than usual.	• Get enough sleep • Stay hydrated • Eat balanced meals with protein • Listen to your body and rest when needed
	HEADACHE Dull or pounding head pain.	• Drink water • Ensure adequate electrolytes • Limit caffeine • Rest in a quiet, dark space
	LOSS OF APPETITE Not feeling hungry or interested in food.	• 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

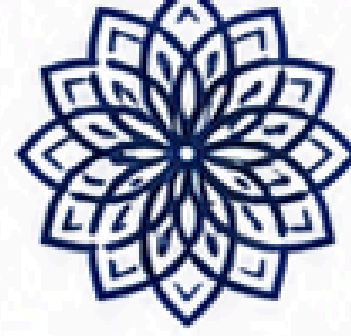
✓ Follow your provider's dosing instructions

✓ 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.



BEYOND WEIGHT™

The ELEVATE™ Method



THE 4 PILLARS OF SUSTAINABLE SUCCESS

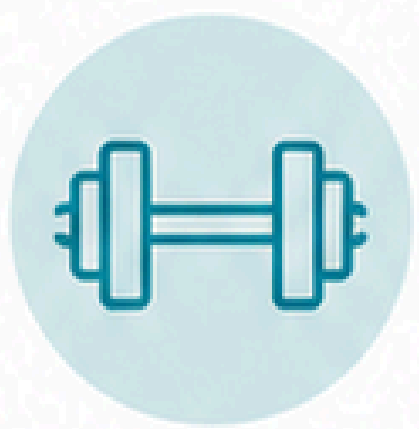


01 | NOURISH

Eat enough of what your body actually needs.

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

GOAL: Support fat loss while preserving muscle.

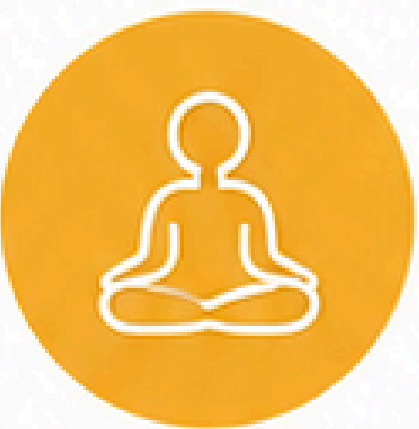


02 | STRENGTHEN

Muscle is your metabolic insurance policy.

Resistance training 3–4x/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
Manage 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 earn love.



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.



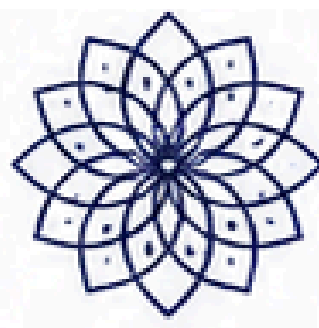
- 4. Include one serving of**
fiber-rich foods at meals.



- 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

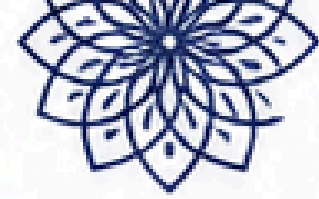


No tracking
required.



No perfection
required.
Just repetition.





BEYOND WEIGHT™

HALT YOUR FOOD NOISE



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.*



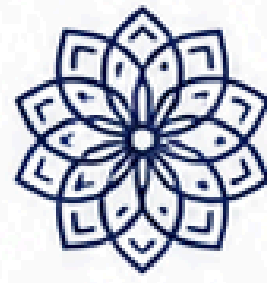
WHAT DO I REALLY NEED
IN THIS MOMENT? →



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

PAUSE. IDENTIFY.
THEN RESPOND WITH CARE.





BEYOND WEIGHT™

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.**

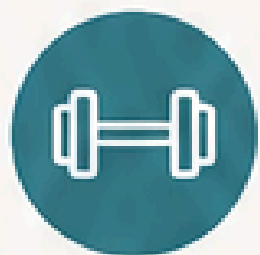


MOVEMENT THAT FITS YOUR LIFE

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.

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

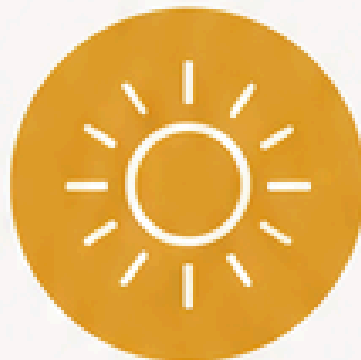
Take 5 deep breaths
when you wake up and before bed.



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. ♥



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 have to overhaul your life.
Just choose one non-negotiable.

Then keep showing up. 



BEYOND WEIGHT™



MINDSET MATTERS

Think It. Live It. Be It.



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

TRY THESE MINDSET SHIFTS:



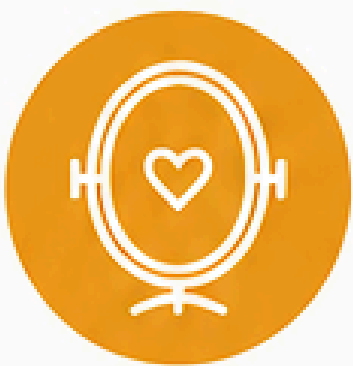
FROM ALL-OR-NOTHING
to One Step at a Time

"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.



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 experts, read books,
listen to podcasts that empower you.



5 CELEBRATE TOGETHER

Wins are better when
shared with others!



You Are 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.

*You are seen,
heard, and
supported.*



Remember:

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

Keep showing up. You matter.



*Let's lift
each other up
and become
the best version
of ourselves.*



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*:



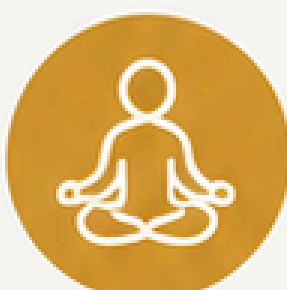
1 SCHEDULE IT

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. 

