

OBESITY

- Fitness appears to be a more important factor in wellness than obtaining ideal body weight. No matter what, exercise.

DIET

- Many different diet plans are available to choose from. Diets that are not nutritionally balanced can cause more problems than the obesity. Crash diets and fad diets don't produce long-term results. Schemes that promise easy weight loss are usually unsuccessful.
- During your diet and exercise program, there may be periods when you don't lose weight. This is normal; don't stop the program. Weight loss will begin again in a week or two.
- A realistic weight loss is 1 to 2-1/2 pounds a week. This may seem slow, but 1 pound of fat lost per week totals 52 pounds in 1 year! Keep a food diary to record everything you eat.

NOTIFY OUR OFFICE IF

You or a family member wants help with weight loss.

Adapted from Instructions for Patients, Sixth Edition, H. Winter Griffith, M.D., W.B Saunders Company.