Living Well Tip of the Week

Approximately 8 million Americans a year enroll in some kind of structured weight-loss program (FDA)

Safe & Effective Weight-loss Programs Should Include:

- Healthy eating plans that reduce calories but do not rule out specific foods or food groups
- Regular physical activity and/or exercise instruction
- Tips on healthy behavior change
- Slow & steady weight loss of ¾ to 2 pounds per week
- A plan to keep the weight off after you have lost it
- Medical care if you are planning to lose weight by following a special formula diet, such as a very-low-calorie diet

Go to the Living Well Health Manager powered by WebMD at www.webmdhealth/ut and select “Managing My Health” for a weight assessment and weight loss options.