

# 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  $\frac{3}{4}$  to 2 pounds per week
- ❖ A plan to keep the weight off after your 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](http://www.webmdhealth/ut) and select “Managing My Health” for a weight assessment and weight loss options.

