





## OBESITY CONTINUED...

In mathematical terms, 3,500 calories is approximately 1 pound. Therefore, to successfully and healthfully lose weight, and maintain that weight, most individuals need to subtract about 500 calories per day from their diet. This will equate to losing about 1 pound a week. Physical activity plays a key role in maintaining a healthy weight and decreasing one's risk of high blood pressure, heart disease and/or stroke. Those

individuals aged 18-64 should get at least 2 ½ hours of moderate-intensity activity each week along with 2 or more days of muscle-strengthening activities. The amount of physical activity a person needs will vary depending on their current situation, but following a healthy eating plan and getting enough physical activity will help them lose weight and keep it off.

## TREATMENT

**THE AMERICAN HEART ASSOCIATION HAS A 3-PRONG TREATMENT PLAN TO WEIGHT LOSS.**

- 1. EATING FEWER CALORIES THAN YOUR BODY NEEDS**
- 2. GETTING AT LEAST 30 MINUTES OF AEROBIC EXERCISE MOST DAYS OF THE WEEK**
- 3. LEARNING THE SKILLS TO CHANGE UNHEALTHY LIVING**

In situations where a healthy diet, reducing calories, and exercise are not enough, there are prescription weight loss products that may help. It is important to realize that although these medications help to curb your appetite, they must be used in conjunction with a healthy diet, calorie reduction and exercise. Some of these medications are intended to only be used short-term, while others can be used for longer periods of time. Oftentimes, it will be necessary to monitor your weight loss progress if you are

using one of these medications, as a certain percentage of weight loss should occur in order to continue treatment.

Examples of medications used for weight loss are:

- diethylpropion, phentermine – intended for short-term use as adjunct to diet and exercise.
- Belviq, Contrave, Qsymia, and Saxenda – may be used for both initial weight loss and longer-term weight management.

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