

Choosing a Weight Loss Program

When choosing a weight loss program there are many factors to consider and a number of programs to choose from. Don't be caught up in a sales pitch, but do your research and choose the program that is going to work best and provide lasting results for you.

Here are some important questions to consider:

- ▶ Is the program supervised by **medical weight loss professionals** or by a franchisee or salesperson?
- ▶ Can the program provide prescription medications **scientifically proven to safely enhance your rate and amount of total weight lost** ?
- ▶ Is there a **physician or nurse practitioner** who is a diplomate of the **American Board of Obesity Medicine**?
- ▶ Can the weight loss program **make changes to your existing medicines** that might be causing your weight gain or slowing your weight loss?
- ▶ Does the center offer **complete weight loss and weight management programs** or do they simply sell a program centered on specific pills, herbs, snacks or food?
- ▶ Will the program provide support **for as long as you need it in order to maintain your new healthier weight**?
- ▶ Is a **comprehensive medical evaluation** required or included at the start of the program?
- ▶ Do you have to **sign a contract**?

Our program is customized to take into account your medical profile and health history, food likes and dislikes, your time schedule, emotional and motivating factors and any unique challenges. The main focus of the program is health improvement and in the process of improving your health you will lose weight steadily and safely.

Call today to schedule your first appointment and to learn more about our process.

"I had been successful in the past losing weight on my own, but the pounds had crept up a little bit over recent years. Dr. Usher spent so much time looking at my health, teaching me, and encouraging me along the process. **I reached my weight loss goal of 40 pounds in ten months.** Not only do I feel better, but I've been able to stop taking medications for problems that had been exacerbated by the extra weight. I've maintained my weight for more than a year and I can honestly say this is the first time I feel that I was able to make a real life change thanks to Dr. Usher's help and guidance."

- Jay A., Menomonie