

# Tips that Count

Wellness information for your journey to a healthier you!

## Evaluating a Weight-Loss Program

Good programs provide support, but be prepared to do your part. Remember also that no single plan is right for everybody. When looking at commercial weight-loss programs, be sure to ask about the long-term success of their participants in achieving and maintaining weight loss.

### A good plan:

- will allow you to choose the foods you eat, while encouraging a nutritious balance
- won't restrict any particular food group or require you to buy special products
- will incorporate nutrition and behavior modification programs to promote long-term changes in eating habits
- will have a professional staff experienced in weight control

Be sure to check the credentials of any program you're considering—a good program should be designed by a qualified health professional, such as a registered dietitian.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.