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**Weight Management**

- What is Obesity?
- Identify obesity trends in the US
- Identify contributing factors to obesity
- Describe the effectiveness/limitations of most popular diets
- Learn 2 simple no-fuss weight loss methods
- Safe proven weight loss and maintenance strategies
- Develop goal to improve diet/lifestyle

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**Obesity**

- Excess body fat caused by energy imbalance
  
- Fat Cell Development
  
- Fat Cell Metabolism
  
- Set Point
- <http://www.pbs.org/wgbh/nova/sciencenow/3313/03.html>
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**Altered Dietary Intake**

- [http://www.npr.org/blogs/health/2010/03/last\\_supper\\_gets\\_supersized\\_wi.html](http://www.npr.org/blogs/health/2010/03/last_supper_gets_supersized_wi.html)
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**Medications**

Sibutramine (Wellbutrin)

Orlistat (Xenical)

Alli

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**Surgery**

Roux en Y – Gastric Bypass

Lap Band

Vertical Gastroplasty

Benefits

Side Effects

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**Physical Activity**

Benefits

Increase metabolic rate

Increase muscle mass

Decrease fat composition

Reduces appetite

Starting an Exercise Program

Start Slow

Enjoyable

Realistic and Sustainable

Varied

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**Preventing Societal Weight Problems**

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