

Choose a Weight Management Program

Choosing a weight management program can be confusing. There are many different programs to choose from.

Talk to your doctor before starting any weight management program. If weight management is recommended, this handout will help you choose a program that is safe, healthy, and right for you.

A safe and healthy weight management program for adults:

- Suggests a weight loss of no more than 2 pounds (1 kg) per week.
- Promotes healthy eating; includes foods from all four food groups of Canada's Food Guide.
- Provides at least 1200 calories per day.
- Can meet your special requests for cultural foods or allergies.
- Promotes activities that you enjoy, and that fit your lifestyle and ability.
- Doesn't use high pressure sales pitches or false weight loss claims.
- Makes sure all treatments and plans are based on facts, not myths or fads.
- Gives information about costs, risks, and how long it might take to reach goals.
- Employs trained healthcare providers.
- Helps you make healthy lifetime changes, not short-term changes.
- Provides support and maintenance after you lose weight.

Questions to ask the program

- What training does the staff have? Are they trained healthcare providers such as doctors, nurses, or dietitians?
- How many people complete this program compared to the number who start?
- How much weight do most people lose?
- How long do people keep the weight off?
- How many people have problems or side effects? What are the problems?
- Do I have to buy any special food or supplements? Do I have to pay for tests?

Is the program right for me?

After talking with the program and your healthcare provider, ask yourself:

- Am I ready to make changes to my lifestyle?
- Will I be able to follow the program?
- Can I afford it?
- Do I think this program can help me improve my health and weight?

For more information

Health Link Alberta:

Health advice and general information, 24/7.
1-866-408-LINK (5465)
www.albertahealthservices.ca

MyHealth.Alberta.ca

www.myhealth.alberta.ca
Search *weight management*