

# *Learn benefits of weight loss at Rehab One!*

## **Obesity....You are not alone.**

It is estimated that obesity affects approximately 97 million adults in this country (about 1/3 of all adults). Obesity is a complex problem involving genetic, physiological, environmental and psychological components. Obesity, although difficult to treat, is not impossible if the right steps are taken.

## **What weight loss methods exist?**

- Diet
- Physical activity
- Behavior modification
- Surgical intervention
- Medically supervised fasts

Losing weight and keeping it off remains a difficult task. However, with the right program tailored to the patients needs it can be accomplished.

## **Benefits vs. Risk**

Benefits of exercise and losing weight include:

- Reduced risk of heart disease, stroke and diabetes.
- Decreased blood pressure
- Reduced cholesterol
- Increased cardiac output
- Increased muscle tone

Risks of exercise and losing weight include:

- **None!!!**

The only thing you risk with weight loss is personal time.

## **Where do I begin?**

Simple things to get you started on your way to weight loss include:

1. Taking stairs when possible
2. Parking further away from shopping destinations
3. Deliver messages to co-workers in person
4. Getting outside



## **Let us get you started!!!**

It all begins with an in depth evaluation to see where your fitness levels are. Evaluation consists of:

- Nutritional counseling
- Exercise program
  - Walking program
  - Resistance training
- Girth Measurements, body fat percentages and BMI.
- Goal setting

Rehab One offers a variety of personnel for your needs. Our staff includes two physical therapists an athletic trainer, exercise physiologist, physical therapy asst. and certified strength and conditioning specialists. To begin steps towards a healthier you contact Ellen Eckelman MA, PT at Rehab One 265-2221.