

Is weight getting in your way?

Getting active can be hard if you are carrying excess weight. If you or other family members are overweight, you are not alone! According to recent surveys, **25% of the adults in Grant County are considered obese.**

Physical activity can help you lose weight by burning calories, boosting your metabolism, and curbing your appetite. However, the most effective weight loss plans combine physical activity with healthy eating.

Get Dietetic Counseling

If you or your child is overweight, you may need individual dietetic counseling from a registered dietitian—an “R.D.” This is especially true if your family has other health concerns, such as diabetes, high blood pressure, high cholesterol levels, or a history of heart disease. Many insurance plans cover the cost of dietetic counseling. Ask your doctor for a referral to a dietitian, or call a dietitian to find out what counseling services are available.

You may find other dietitians practicing in the Grant County area by calling the American Dietetic Association’s “Find a Nutrition Professional” service at **1-800-877-1600, ext. 4844** or by e-mailing findnrd@eatright.org.

Get Support

Many people find it easier to develop new exercise and diet habits if they join a group of other people who are focused on the same goals.

OA (Overeaters Anonymous)

Overeaters Anonymous is a fellowship of individuals sharing experiences, strength and hope, to recover from compulsive overeating. There are no dues, but free will donations are welcome. To find out more, contact an OA member at **1-800-589-6262**.

www.oa.org

TOPS (Take Off Pounds Sensibly)

TOPS is a non-profit weight-loss support organization that seeks to offer “a supportive approach to weight control at a sensible price.” TOPS weekly meetings offer private weigh-ins and positive reinforcement to help members stick with their food and exercise plans. The annual membership fee is \$20, plus \$2.50 per meeting. The first meeting is free.

There are 2 TOPS chapters in the Grant County area. For meeting information, visit www.tops.org to locate the chapter nearest you.

Weight Watchers International

Weight Watchers International is a company that provides weight loss services, including weekly support meetings. The meetings include confidential weigh-ins, and group discussions on how to enjoy healthy eating and exercise, using Weight Watchers program material. There is a meeting fee.

For meeting times and dates call **1-800-651-6000** or visit www.weightwatchers.com.