

## Weight Loss Options

### BMI Standards:

Underweight: Below 18.5; Normal: 18.5-24.9; Overweight: 25.0-29.9; Obese: 30.0 and above.

Prior to beginning any weight loss program, it is recommended that you consult your Primary Care Physician (PCP). Lifestyle changes that include eating healthy foods, monitoring portion control, and increasing daily exercise is very important for your health.

### List of local weight loss programs options:

1. See a Nutritionist for a weight loss diet – ask PCP for recommendation

#### Weight Watchers

- a. [www.weightwatchers.com](http://www.weightwatchers.com)

the website will help you find a center near you or give you options of doing the program online

2. Nutrisystem

- a. [www.nutrisystem.com](http://www.nutrisystem.com)
- b. 1-888-282-4029

3. Results Weight Loss

- a. [www.resultsweightloss.com](http://www.resultsweightloss.com)
- b. 1-888-776-4788

These suggestions are not necessarily endorsed by Gastroenterology Associates of SW Florida but are provided as possible weight loss options. Thank you.