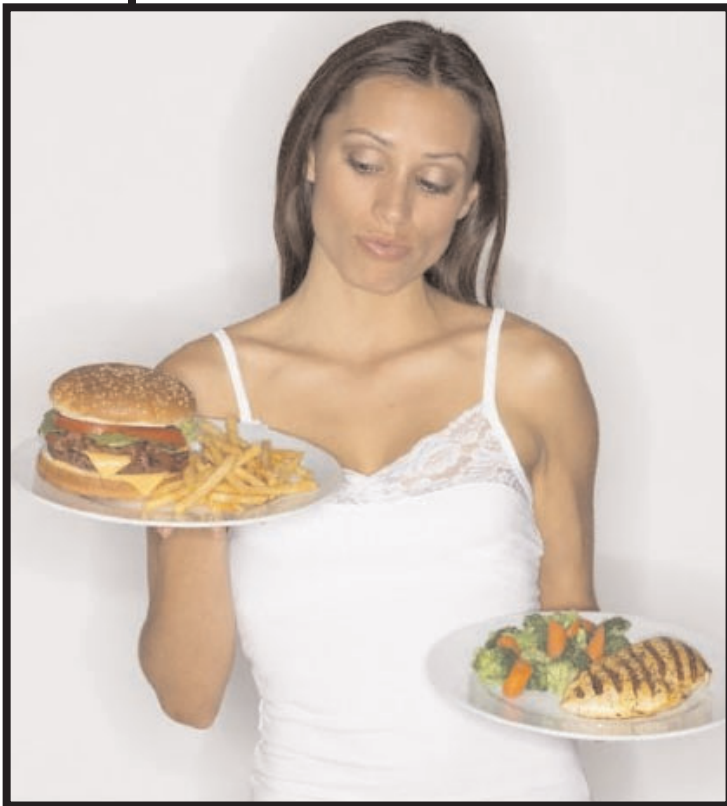


FOCUS ON

DIET & NUTRITION

CLINICAL BACKGROUND



One of the top 10 New Year's Resolutions that many Americans make every January is to lose weight. By some estimates, nearly 64% of the American population is overweight, making this a worthwhile resolution for many. Keeping this resolution may be another matter.

According to one survey of 12,000 people, about 30 percent of those making resolutions say they don't even keep them into February. And only about 1 in 5 actually stays on track for six months or more, reports eDiets.com, a consumer diet and fitness website.

No matter whether the latest trend is to count carbs, increase proteins, add water, or eat grapefruit, the basics of a healthy weight loss program consist of:

- A reasonable, realistic weight loss goal
- A reduced calorie, nutritionally-balanced eating plan
- Regular physical activity
- A behavior change plan to help you stay on track with your goals

The good news is that even a 10% drop in weight can lead to big health benefits such as lowering your cholesterol and reducing your blood pressure – two major risk factors for heart disease. In addition, losing even 10% of your weight can result in increased energy and motivation to continue losing weight.