Weight Management Clinic

2023 Action Plan-write it down

Medication-individualized based on medical history		2. <u>Nutrition</u> -healthy, calorie balance, adequate protein
	Medication	
3. Activity-daily movement throughout the day Exercise-time dedicated to specific exercise		4. <u>Good Habits</u> /New and Sustainable Behaviors-lifelong habits needed to maintain weight
	Activity Exercise Good Habits	