



# the HEALTHY DOSE

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## Weight Management



**“A 5-10% decrease in body weight can lead to improved health outcomes.”**

The new year is a time for resolutions and fresh starts! Frequently this means “sticking to your diet” or starting a new exercise program. It’s a time when people decide they will get motivated and are determined to have the “will power” to eat a healthy diet and lose weight. But what if being overweight or obese is about more than will power? Many health organizations, including the Canadian Medical Association, the American Medical Association and the World Health Organization, now define overweight and obesity as a chronic progressive disease characterized by abnormal or excessive accumulation of fat which may lead to impaired health. It is a leading cause of diabetes, high blood pressure, heart disease, and some cancers. Not only does it lead to poorer health outcomes but the stereotype of obese people as lazy, unmotivated or undisciplined leads to discrimination and a lower socio-economic status and sense of well-being. It is time for society and health care practitioners to treat overweight and obesity as a health problem rather than a lifestyle choice.

This change in perspective about weight management leads to more resources and options for treatment. Successful weight management combines realistic weight loss goals with long-term lifestyle modification including meal planning, physical activity and behavioural interventions. If you are looking for a weight loss program, search for one that offers education and support such as the Ideal Protein Protocol. If you need more help ask your physician about medically supervised weight loss programs available in your area. There are also three prescription medications currently available in Canada approved for the treatment of obesity: Orlistat, Liraglutide and Naltrexone/Bupropion. Prescription medications work best when combined with counselling. When weight loss through a medically supervised program is unsuccessful, bariatric surgery may be an option. Due to the rising prevalence of obesity in Canada and the shift to treating it as a chronic disease, the treatment options should continue to expand and be more available.

If you want to get started on your own, be sure to set realistic goals. The first step may be to stop gaining weight. A reasonable expectation for weight loss with lifestyle modification alone is 3 kg and should be achieved slowly. Remember that a reduction in body weight of 5-10% has a significant impact on your health. This amount of weight loss can lead to an improvement in cardiovascular disease risk factors after 1 year. It can also improve blood sugars and cholesterol. The overall goal of weight management should be an improvement in health rather than achieving a particular number on the scale.

**For more information on weight management and available therapies, visit your Morelli’s pharmacy for our Weight Management Clinic:**

North Oakville	January 12 <sup>th</sup>	12 pm - 4 pm
Fairview	January 10 <sup>th</sup>	12 pm - 4 pm
Markham	January 20 <sup>th</sup>	12 pm - 4 pm
Brampton	January 24 <sup>th</sup>	12 pm - 4 pm
Walker’s	January 19 <sup>th</sup>	12 pm - 4 pm
Burloak	January 25 <sup>th</sup>	12 pm - 3 pm
Boxgrove	January 20 <sup>th</sup>	12 pm - 4 pm
Aurora	January 12 <sup>th</sup>	12 pm - 4 pm
Maple Leaf Square	January 8 <sup>th</sup>	10 am - 2 pm
Leaside	January 19 <sup>th</sup>	12 pm - 4 pm
South Oakville	January 19 <sup>th</sup>	12 pm - 4 pm



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