

scientifically-proven obesity treatment options to manage weight

There are lots of ways to treat obesity and manage weight. Each obesity treatment works in a different way and can be done on its own or combined with other treatments. With the help of obesity care providers, you can find an obesity treatment and create an obesity care plan specifically for you.

Transition to healthier ways of eating

Forget the miracle diet as an obesity treatment. When it comes to managing weight and obesity, changing how you eat means more than just eating less calories.

Instead, your doctor will take how you eat into consideration when creating your obesity care plan. Some of the things that you can look at together include:

Time: Is there a specific time of day that you're most at risk of overeating or eating unhealthy food?

Place: Where do you normally eat?

Emotions: Do you overeat or eat unhealthy food when you feel a certain way? For example, when you feel tired, stressed, or sad?

Feeling full: How do you experience the feeling of fullness after a meal?

These questions provide clues about what's making you gain weight or preventing you from losing weight. Your doctor can then help you transition to healthier ways of eating and having a more sustainable relationship with food.

Low reduced calorie diet

Meal replacements are calorie-controlled products that contain essential nutrients, vitamins, and minerals. They're usually high in protein and low in fat and carbohydrates.

Meal replacements replace one or more of your daily meals with foods or formulas that provide a specified number of calories (for example, between 800 and 1200 calories a day). Meal replacements can be part of a clinically supervised obesity care plan.

More physical activity

Moving more and using more energy is another obesity treatment option. Whether or not it results in weight loss, physical activity can also improve many aspects of your health. Regular physical activity can result in health benefits for people in all BMI categories, such as improving cardiometabolic risk factors. Start by adding a little extra movement into your everyday life. If you sit a lot during the day, standing up and moving around for a few minutes every hour can make a difference. So can walking to the shops or taking the stairs, if possible. Even doing small things can mean a lot. The goal is to have 150 minutes of physical activity a week. You can build up toward this goal by gradually adding new activities and routines into your obesity care plan.

Behavioural therapy

Since our body and mind are deeply connected, behavioural therapy is an obesity treatment option that takes this connection into account. Behavioural therapy are programmes that help patients reach their behavioural or health goals.

Behavioural therapists work with the psychological aspects of weight management. They can help you identify patterns in your thoughts, emotions, and behaviour that make you eat more and gain weight. Eating large portions, snacking frequently, and/or eating or drinking when you're not hungry are just some of the patterns you may have around food. The focus of behavioural therapy is to empower people living with obesity to make sustainable changes that improve their health, as well as promote their self-esteem and confidence. Doing this can help you manage your weight in the long term, improve your health status, and quality of life.

Obesity medications

Obesity medications are obesity treatment options that can work with the biological processes that affect your appetite. There are different obesity medications available and they work in different ways. Some obesity medications help regulate your appetite and food cravings. These help you eat less and

make it easier to change your lifestyle. Obesity medications can also help prevent weight regain. They do this by managing the way your body responds when you manage weight, such as the constant feeling of hunger. Other medications help you manage weight by changing the way your body absorbs food. For example, these lower the amount of fat that's absorbed by your body.