

Did you know...

*Obesity significantly increases the risk of developing hypertension, stroke, diabetes, cardiovascular disease, and other diseases.

*Risk of death rises 2-3 times among obese people compared to persons of normal weight

*Obesity was found to considerably diminish quality of life

Good News!

Crowley Family Medicine is delighted to introduce a new 12 month weight loss program to assist patients in achieving at least a 5 % body weight loss goal within 6 months by eating healthier, exercising, and staff motivation.

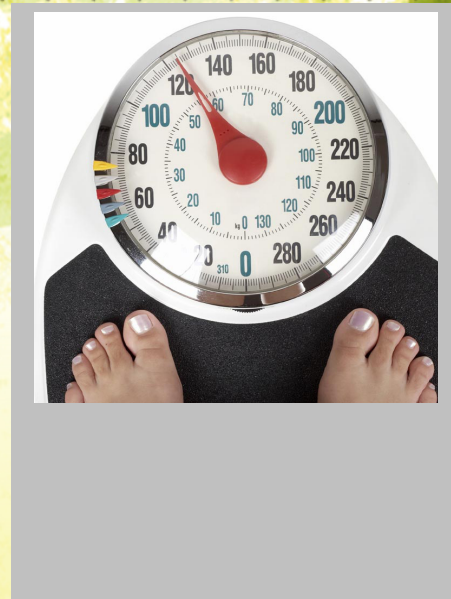
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Medicine**

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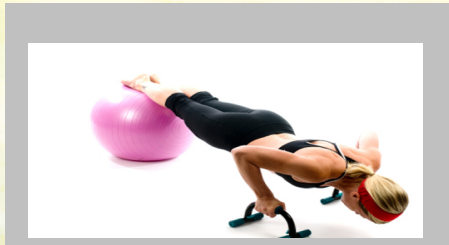


**Crowley Family Medicine
Weight Loss Program**

Join us in this exiting endeavor
to a healthier life!

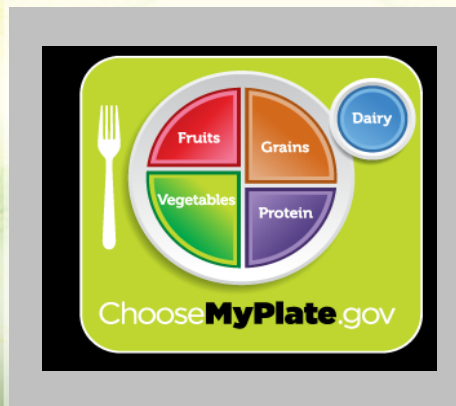
Advantages of Program

- Weight loss
- Increase strength
- Better self image
- Improve health
- Better nutrition
- Improve quality of life



Weight Loss Interventions

- Nutritional planning
- Exercise
- Behavioral interventions
- Web based or written track progress
- Staff support
- Education on nutritional intake requirements



Who Qualifies

- Current patient
- 18-65 yrs
- BMI of 30-50
- At least one other cardiac risk factor
- Consult with staff for other criteria

