

Cleveland Clinic EHP Tier 1 Weight Management Programs

Fit Youth Program

This program is for children ages 7-16 years who are serious about wanting to lose weight. Specifically designed for children and their parents, the group will meet once a week for 90 minutes. The program will last for 12 weeks. Group leaders include a psychologist, dietitian and exercise physiologist. In addition to losing weight, the program will help your child develop new eating and exercise habits. This program will teach you and your child to change the things at home affecting eating and exercise habits.

http://my.clevelandclinic.org/family_health_centers/patients/youth.aspx

PSMF Diet Program

The Protein-Sparing Modified Fast (PSMF) is designed for rapid weight loss and incorporates medical, nutritional, and behavioral components. The goal of this diet is to reach an appropriate body weight as determined by your physician and dietitian.

http://my.clevelandclinic.org/disorders/Obesity/hic_PSMF_Diet_Program.aspx

“Weight No Longer” Program

Cleveland Clinic Wooster “Weight” No Longer program is a practical, scientifically based weight loss and weight management program designed to teach effective, safe, and reasonable weight loss strategies through behavior change and lifestyle modification. The 18-week program consists of weekly group sessions that will alternate between an educational presentation on a relevant weight loss topic

http://my.clevelandclinic.org/family_health_centers/library/weight_no_longer_program.aspx

“Weigh to a Healthy Heart” Program

Comprehensive 10-week group weight loss program

- Bi-weekly group exercise classes
- Weekly group sessions on healthy eating plans, grocery shopping, eating out, healthy cooking techniques and dealing with stress
- Two private nutrition sessions personalized to your lifestyle
- Cholesterol profiles before and after the program to track your progress

<http://my.clevelandclinic.org/heart/prevention/weight/weigh2healthyheart.aspx>