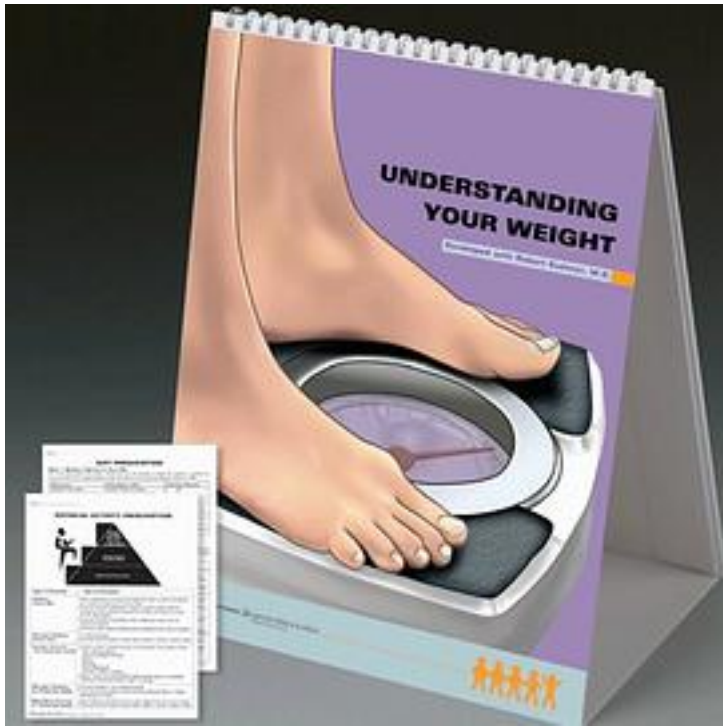


Understanding Your Weight



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Physician counseling plays a key role in addressing the obesity epidemic. This tool will help health professionals bring up and discuss the sensitive subject of excess weight with their patients. Developed with a leading expert in the field, this flipbook systematizes the obesity counseling techniques developed by Dr. Robert Kushner of Northwestern Memorial Hospital's Wellness Center. We have compiled ten topics in a step-by-step process to aid counseling, with simple visual and textual information facing the patient and "educator tips" on the side facing the physician/counselor. Also included are two 50-sheet "prescription" tear-off pads to aid diet and exercise tracking and advice.

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