



# International Conference and Exhibition on Obesity & Weight Management

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## Management of overweight and obese patients

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Treatment for obesity will be most successful if you create a long-term plan with your doctor. A reasonable goal might be to begin making lifestyle changes by increasing physical activity and eating healthy foods. Your initial goal should be to improve your health, not to achieve an ideal weight. Guidelines suggest a goal of losing 10% of your body weight in 6 months. Doctors often recommend that people make lifestyle changes for at least 6 months before trying medicines or surgery. Your doctor may also suggest counseling. If you use food to cope with depression, loneliness, anxiety, or boredom, you need to learn new skills to deal with those feelings.

Cut calories: Eating while increasing activity is the best way to lose weight. For most adults, eating 1,200 to 1,500 calories a day for women and 1,500 to 1,800 calories a day for men is recommended for weight loss. Increase activity: Physical activity helps you burn more calories. Overall, experts recommend doing moderate or vigorous activity to get and stay healthy. One of the best ways to increase your activity is by walking.

Obe2slim clinic is one of the fast developing Clinic in India who manages overweight & obese patients. Our clinic helped more than 3000 obese/overweight patient for achieving their weight reduction goal. Obe2Slim Clinic weight loss program is under a physician's care. Balance education, appetite management and activity to lose weight. Learn strategies to keep weight off using real food. This is not a quick fix. This is a lifestyle change. Obe2Slim Clinics consists of experts in fitness and wellness who provide diet chart, education, and resources to help patient incorporate fitness into their life. Obe2Slim Clinics\* is more than a diet. Our goal is to teach patients strategies for long-term weight loss and optimal wellness so that they have the tools to maintain their weight loss. We incorporate many educational tools during patient's weight loss journey. In this poster presentation I want to show methods & details of program which will be remain helpful to different countries for management of overweight & obese persons.

## Biography

Nimish I Bamta has completed BHMS from Gujarat, India. He is a medical practitioner at Obe2Slim clinic which is chain of Clinics we have total 7 Branch of this clinic with this name in different cities of Gujarat state. He has good experience as a medical practitioner at Obe2slim clinic which is managing Overweight & obese patient. They helped more than 3000 obese/overweight patients for achieving their weight reduction goal.

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