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&
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Behavioral weight loss interventions, state of the science

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The optimal management of overweight and obesity starts with a combination of diet, exercise, and behavioral modification. Behavioral treatment of obesity is a standard part of most treatment programs. The goal of this approach is to help patients make long-term changes in their eating behavior. A principal determinant of weight loss appears to be the degree of adherence to the program. Thus, patient preference is an important consideration when recommending any behavioral weight loss program. Let's close the loop and apply behavioral modification for long term maintenance of weight loss.

Biography

Nilly Shams has completed her PhD from High Institute of Public Health, Alexandria University and Nutrition and Public Health Masters Alexandria University School of Medicine. She is the Vice President of Clinical Nutrition Department Elite Hospital. She is the President of the Egyptian Nutrition and Health Coaching Association. She had her Health Coaching Certificate from Institute of Integrative Nutrition, USA.

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