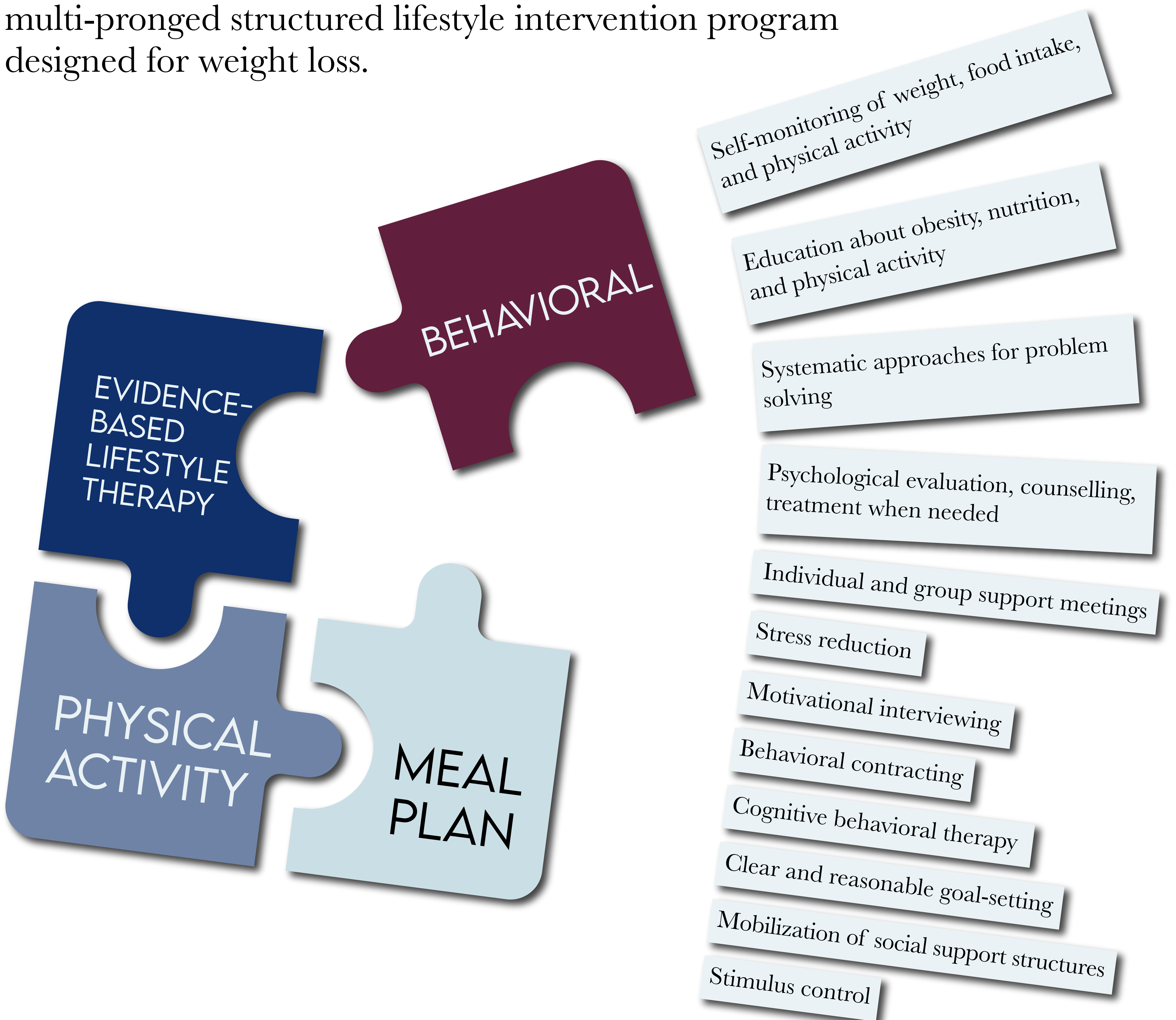




BEHAVIORAL TREATMENT APPROACHES FOR LIFESTYLE THERAPY IN PATIENTS WITH OBESITY

The goal of behavior interventions is to **enhance adherence** to meal planning and increased physical activity, as part of a multi-pronged structured lifestyle intervention program designed for weight loss.



The behavioral intervention package is effectively administered by a multidisciplinary team that includes **dietitians, nurses, educators, physical activity trainers and clinical psychologists**

- Align with the ethnic, **cultural, socioeconomic and educational background** of the individual patient
- Guidelines recommend **high frequency counseling** (≥ 16 sessions over 6 months) to support dietary changes, physical activity, and behavioral strategies to achieve a consistent 500-750 daily calorie deficit

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