

How effective is your weight loss program?

Our goal is to help you lose weight quickly and learn the necessary skills to keep off your weight.

Average national weight loss outcomes for Low Calorie Diet during 16 weeks of weight loss is 44 pounds. Average BMI before beginning weight loss is 43 and average BMI after 16 weeks of weight loss is 36.

Average national weight loss outcomes for Healthy Solutions Diet during 12 weeks of weight loss is 26 pounds.

Patients who continued in maintenance phase for 6 months maintained 98 percent of initial weight loss. Patients who continued maintenance for 1 year maintained an average of 90 percent of initial weight loss.