

Weight Loss Programs

We serve patients from as young as 3 years to individuals well into their 70s. We have the knowledge and treatment plans to support patients seeking only minor weight loss or for those needing to lose several hundred pounds. We can also work with patients who have significant health complications associated directly or indirectly with their weight.

Our free 30 minute clinic consultations determine which program best meets your needs.

Do you like to share ideas and group support?

If so, you may be an ideal candidate for our weekly clinic program. Our trained health educators work with patients to develop and practice the skills of weight management. Patients attend their 45-minute class once a week and participate in midweek accountability by telephone or e-mail. Using meal replacement as a means to restrict calorie consumption during weight loss provides patients with decision-free diets while learning the skills of weight management. When weight loss goals have been achieved, patients are transitioned to maintenance classes where accountability and support continue to help reframe your new lifestyle while returning regular meals.

Or would you prefer one-on-one sessions?

If you would rather work independently is not a problem. You can learn the basic weight loss skills in your private 20 minute weekly or bi-weekly coaching session. Options range from a decision-free diet using meal replacements to a combination of meal replacements and regular food or regular food only. We always work on coaching our patients in changing their lifestyle to promote long-term weight maintenance.

Are you a new mother?

There is no better place to get back in shape than with The Weight Pros. We work with new moms to lose weight gained during pregnancy and to develop a healthy lifestyle and cue into eating patterns and behaviors of the baby family. Moms will also learn about critical growth times and developmental stages when their child is highly susceptible to put on more fat cells.

Each of the above programs provides medically appropriate patients the option of using weight loss medication as a tool to promote weight loss.

eConsultations

For individuals that are unable to visit our clinic, we offer scheduled telephone consultations with Drs. Pierson and Darnell. As a dual board certified bariatrician and pediatrician, Dr. Pierson can provide medical information, direction and a plan of action to help you achieve your weight loss goals. Dr. Darnell's expertise will help you evaluate and establish your goals and work with you to establish a plan of action and accountability to achieve successful results.

We believe it is important to provide our patients the varying service levels they need to ensure the right blend of influence, education and support. Our goal is to provide lifestyle changes and medical support for all ages so they can lead a healthier life.

Your life, real solutions!™