

Mission In Motion

Health & Wellness Weekly Bulletin

January 2012—Weight Loss



January 23, 2012—Week 4: Weigh in on weight loss

Choosing a weight-loss program can be a difficult task. That's why it is important that you talk with your doctor and agree on a plan that is best suited for you. Questions to ask your doctor include:

- Do I need to lose weight? Or, should I just avoid gaining more?
- Is my weight affecting my health?
- Could a weight-loss program help my health?
- What should my weight-loss goal be?
- What kinds of physical activity are best for me?
- Could my excess weight be caused by a medical condition, such as hypothyroidism, or by a medicine I am taking?

Source: National Institute of Diabetes and Digestive and Kidney Diseases

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