



Wellness Buddy Wednesday Tip

Unsafe Weight-Loss Programs

- Promise rapid weight loss (more than 1% of total body weight per week).
- Use diets that are extremely low in calories (below 1,000 calories daily).
- Use diets that are too low in carbohydrates (providing less than 6 servings of cereals, breads, pasta, or rice in a day).
- Make people dependent upon special products or foods rather than on regular foods.
- Do not teach permanent, realistic lifestyle changes, including regular physical activity and behavior modification.
- Misrepresent salespeople as “counselors” purportedly qualified to give guidance in nutrition or general health.
- Require large sums of money at the start or require that participants sign contracts for expensive, long-term programs. Programs should be on a pay-as-you-go basis.
- Fail to inform participants about the risks associated with weight loss in general or the specific program being promoted.
- Claim that “cellulite” exists in the body. (Cellulite is supposed to be a hard-to-lose form of fat, but in reality, there is no such thing as cellulite. All fat is hard to lose).

Source: *National Council Against Health Fraud Newsletter*, March/April 1987.

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