

# "Weigh to Go" Weight Loss Centers

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## Getting Started on Your Diet

Turn on the mental switch that says you are going to lose weight. You have to want to lose weight. If you don't want to lose weight, forget it. You can't do it for someone else. You have to want to do it for yourself. If you really care about your health, well being, longevity, personal looks, and your family, then you should have no problem turning the switch.

Included in this folder are some tips to help you get started on your diet. Remember, that diet medication such as the ones prescribed for you in this office, are intended to help you control your appetite. In order to have successful weight loss and success in maintaining your goal weight, it is important for you to exercise, eat well, and drink plenty of water. Our nutrition counselors have put together this folder to help you find ways to incorporate healthy eating and exercise into your daily routine. From all of the staff at **"Weigh To Go" Weight Loss Centers**, we congratulate you on taking the first step towards a healthier, happier lifestyle.

