STOP, GAIN PERSPECTIVE, AND REFOCUS: a Look at Residential Weight-loss Programs

by Michael Cartwright

Doing a full overhaul of someone’s life and creating permanent lifestyle changes is the key. But, where and how to begin is always the overwhelming question everyone faces when looking to get on the road to recovery.

The ideal solution for those looking to redirect their lives and get a real grip on what is going on is to attend a comprehensive residential weight-loss facility.

We all know there is not a quick, long-lasting fix for weight-loss. Millions of people with extreme amounts of weight to lose have tried every method available to them (diet, weight-loss pills, fasting, exercise and surgery). Typically, as research shows, most gain the weight back and then some.

With the extensive media coverage that obesity and food addiction are receiving, it is becoming apparent to most that obesity is not just overeating, but an outward showing of internal strain. Nearly a dozen television shows have aired throughout the last couple of years presenting story lines of those struggling with obesity and food addiction. One common thread is that all have to do a great deal of work internally before they will see lasting change with their weight.

Lasting change will be created when individuals:

- Are taught about their triggers
- Dig into what trauma that may have happened in their life that allowed food to become the coping mechanism
- Learn about the foods they are consuming and why they are so detrimental to their health
- Realize that they have to adopt some sort of exercise program

RESIDENTIAL WEIGHT-LOSS PROGRAMS

Committing to a program in a comprehensive residential weight-loss facility is a great way to remove yourself from your daily life and become immersed in a community that is there 24 hours a day to support you on every level. This is the perfect setting for those wanting to embark on a total wellness journey.

Residential weight-loss facilities are often all inclusive where the client receives guidance in every area of life to help them address their weight. Those who choose this course of action, when looking to make a change, realize the benefits and much-needed support that comes with a program like this, which is critical for someone looking to completely redirect their entire life.
WHAT RESIDENTIAL WEIGHT-LOSS PROGRAMS ENTAIL

The key motivation for most individuals is to go to a place that is equipped to handle their specific need, as food addiction and the recovery process is different than for someone dealing with another type of addictive behavior. Once committed to the program, individuals will have jam-packed days that are filled with therapy sessions, dietary and cooking lessons, exercise training programs, detoxing, meetings with medical staff and various activities, all of which are intended to launch the person into full recovery.

TAKING TIME FOR YOU AND LEARNING NEW THINGS

Some individuals struggling with obesity believe that allowing yourself time to step away, reflect and realize certain key moments that may have caused the issues and behavior patterns they live with, as well as being taught a new way of living, is the key to long-term success. Exhausting all efforts to lose the weight and change your life is important before exploring other options for weight-loss.

By attending a weight-loss retreat, individuals will establish new patterns of living while at the retreat, allowing for real change to take place. Often times there is a full exit strategy and follow-up program designed specifically for the individual that they can adhere to once returning home. Not to mention, the relationships and supportive bonds that are established among those at the retreat are very valuable. Many factors of a program like this will allow the rate of success to be higher than other programs where you are left to do it on your own.

There are several styles of wellness retreats in the marketplace today. The visits can range from a 3-day weekend to a full 30-day program, and sometimes even longer. Some are more focused on behavior modification and direct counseling while others put more of an emphasis on exercise and correcting eating and behavior patterns.

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Whichever style meets the interest of the individual, attending a weight-loss retreat is sure to be a great resource in creating permanent and lasting change.

About the Author:
Michael Cartwright is a noted behavioral health entrepreneur and an avid fitness enthusiast. He has experienced first-hand the dramatic transformation that can be possible through healthy exercise, nutrition and total lifestyle change when he lost 60 pounds in five months. Michael is the founder and former chief executive officer of Foundations Associates, where he oversaw the transformation of thousands of individuals and families who struggled with addiction. As a noted member of the behavioral health care community, Michael has served on the Senate Help Sub-committee on Substance Abuse and Mental Health Services and as a member of Tennessee Department of Mental Health and Developmental Disabilities Planning and Policy Council.
OAC Membership
Building a Coalition of those Affected

The OAC is the ONLY non profit organization whose sole focus is helping those affected by obesity. The OAC is a great place to turn if you are looking for a way to get involved and give back to the cause of obesity.

There are a variety of ways that you can make a difference, but the first-step is to become an OAC Member. The great thing about OAC Membership is that you can be as involved as you would like. Simply being a member contributes to the cause of obesity.

Why YOU Should Become an OAC Member
Quite simply, because the voice of those affected needs to be built! The OAC not only provides valuable public education on obesity, but we also conduct a variety of advocacy efforts. With advocacy, our voice must be strong. And, membership is what gives the OAC its strong voice.

JOIN NOW
Complete the below application now! For more information, visit the OAC Web site at www.obesityaction.org.

Membership Application

Yes! I would like to join the OAC’s efforts. I would like to join as a/an:

☒ Individual Member: $20/year
☒ Professional Member: $50/year
☒ Physician Member: $150/year
☒ Institutional Member: $500/year
☒ Chairman’s Council: $1,000 and up/year

Name: ____________________________
Company: __________________________
Address: ___________________________
City: ___________ State: _______ Zip: ___________
Phone: ___________ Email: ____________________

Payment Information
Enclosed is my check (payable to the OAC) for $ ____________.
Please charge my credit card for my membership fee:

☒ Discover® �二期 MasterCard® ☐ Visa® ☐ Amex®

Credit Card Number: ___________________________
Expiration Date: ____________ Billing Zip Code: ____________

Mail to: OAC
4511 North Himes Ave., Ste. 250
Tampa, FL 33614
Or Fax to: (813) 873-7838

Membership Categories and Benefits

The OAC wants YOU to be a part of what we do. No matter how you’re impacted, having individuals join our efforts who believe in making a difference is essential. That’s why the OAC offers various member categories, so you can get involved at your desired level.

Several valuable benefits also accompany your OAC membership. Each membership category offers something different. Here are some of the core benefits to membership:

• Official welcome letter and membership card
• Annual subscription to the OAC’s magazine
• Subscription to the OAC’s members-only monthly electronic newsletter
• Periodic member alerts informing you of issues that need action/attention
• Ability to lend your voice to the cause
• Representation through advocacy