

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.



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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.





ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



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