

The ABC's Of WellSpan Medical Weight Management

- A- Activity
- B- Behaviors
- C- Calories
- D- Diet
- E- Environment
- F- Fluid, Fiber, Fruit
- G- Glycemic Load, Glycemic Index
- H- H.I.I.T. (High Intensity Interval Training)
- I- Imagery- Positive, Visualizations, **“TRAIN THE BRAIN!”**
- J- Just Do It!
- K- Kitchen (Reorganize The Refrigerator & Pantry)
- L- Logs (Food & Activity)
- M-Medication
- N- Non-Food Related Rewards
- O- Outlook (Positive Learning VS. Negative Thinking)
- P- Plate Model & Portions
- Q- Quality VS. Quantity
- R- Responses To Stress
- S- Surgery
- T- Time Management
- U- Yo“U” Are Worth It!
- V- Vision
- W- Whole Grains
- X- e“X”amine Food Labels
- Y- Motivation- Motivators
- Z- “ZZZZZZ” Sleep Hygiene