

TORRANCE MEMORIAL HEALTH SYSTEM

EXCESS WEIGHT

A HEALTHY WEIGHT LOSS GUIDE



TORRANCE MEMORIAL
MEDICAL CENTER



EXCESS WEIGHT

In the United States, 2 out of 3 adults are affected by obesity. Excess weight can raise your risk of type 2 diabetes, stroke, kidney and heart disease, cancer and even early death. However, losing weight—and keep it off—can help you avoid these health issues and boost your overall quality of life.

In order to start a healthier lifestyle, you must first understand excess weight. The more you know, in how excess weight is gain, what really works for losing weight and keeping it off, will better your chances of success. We also highly suggest you speak with your primary care doctor to provide you

guidance and support. They will act as your coach on your journey to losing weight and improving your health.

Let's get started! In this guide you will learn:

- How excess weight is gained
- Fitness and nutrition tips
- How a Medical Weight Loss Program can help you lose weight
- Surgical options to treat severe obesity

DISCLAIMER

This guide is intended for informational purposes only, the understanding that no one should rely upon this information as the basis for medical decisions. Consult with a medical professional.

START YOUR JOURNEY TO HEALTH TODAY. Torrance Memorial offers a full range of expert surgical weight loss care you can trust. That's why more than 45% of our patients come to us from outside the South Bay. Schedule a consult today. TMBariatrics.com



TORRANCE MEMORIAL
HEALTH SYSTEM

PERSONALIZED CARE PROGRAM • BARIATRIC CENTER OF EXCELLENCE

THE WEIGHT IS OVER



WHAT CAUSES EXCESS WEIGHT?



Although there are behavioral, genetic, emotional and environment factors on body weight, obesity occurs when you take in more calories than you burn through exercise and normal daily activities. Your body stores these excess calories as fat.

Obesity can sometimes be traced to a medical cause, such as Prader-Willi syndrome, Cushing's syndrome, and other diseases and conditions. However, these disorders are rare and, in general, the principal causes of obesity are:

BEHAVIOR

In today's fast-paced environment, it is easy to adopt unhealthy behaviors. Behavior, in the cause of obesity, relates to food choices, amount of physical activity you get and the effort to maintain your health. Based on food choices, many people now select diets that are calorie-rich, but nutrient-poor.

This behavioral problem also relates to the increase in portion sizes at home and when dining out.

ENVIRONMENT

Environment plays a key role in shaping an individual's habits and lifestyle. There are many environmental influences that can impact your health decisions. Today's society has developed a more sedentary lifestyle. Walking has been replaced by driving cars, basic physical activity has been replaced by technology and nutrition has been overcome by convenience foods.

EMOTIONS

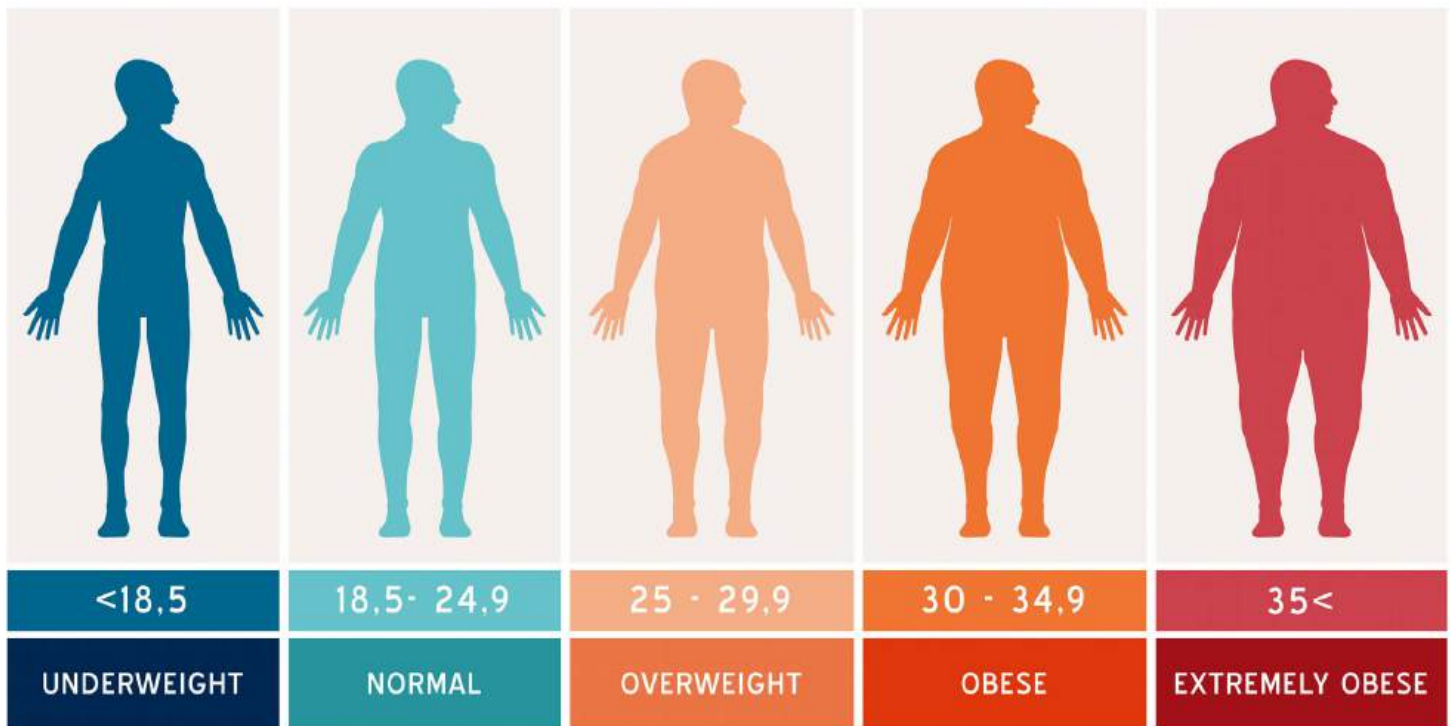
Emotions can also play a role in excess weight. Some people deal with stress, anxiety, or depression by eating. This may help temporarily, but it can also make the problem worse. "Emotional eating" can end up harming your mental and physical health.

That's why finding ways to cope with feelings and emotions can be a key part of any effort to lose weight.

GENETICS

Science shows that genetics play a role in obesity. Genes can cause certain disorders which result in obesity. However, not all individuals who are predisposed to obesity will become affected by obesity. Research is currently underway to determine which genes contribute most to obesity.

Nonetheless, losing weight is often more complicated than just eating less and exercising more. Cutting calories and being more active are essential, but other kinds of changes may be needed to lose weight long-term. Fortunately, there are many health care providers who can give you the guidance and support you may need to lose weight and improve your health.



MEASURING EXCESS WEIGHT

BODY MASS INDEX (BMI)

There are several ways excess weight can be determined. Health care providers use the Body Mass Index (BMI) to determine what is an excess amount of weight for your height.

Obesity is defined as a BMI of 30 or higher. You can use a [BMI chart or calculator](#) to find out if your weight is outside the healthy range.

For most people, BMI provides a reasonable estimate of body fat. However, BMI does not measure body fat, so some people, such as muscular athletes, may have a BMI in the obese category even though they don't have excess body fat. Ask your primary care doctor if your BMI is a problem.

WAIST CIRCUMFERENCE

Another sign of excess weight is the distance around your waist. This is called your waist circumference. To measure your waist circumference, wrap a tape measure around your waist at the level of your upper hip bone. Females with 35 inches or more, and males with 40 inches or more, are considered unhealthy.

SEE A DOCTOR

If you think you may be severely obese, and especially if you're concerned about weight-related health problems, see a doctor. You and your health care provider can evaluate your health risks and discuss your weight-loss options.



RISKS OF EXCESS WEIGHT

You may know that having excess weight is not good for your health. But you may not realize just how many serious health problems are directly linked to obesity. For instance, there are more than 40 medical conditions that are associated with excess weight. These problems include:

- Type 2 Diabetes
- Stroke
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Cancer
- Kidney Disease
- Infertility
- Erectile Dysfunction
- Arthritis
- Sleep Apnea
- Migraine Headaches

Having severe obesity may also shorten your lifespan. It is estimated that a 25-year-old man with excess weight will die 12 years

sooner, on average, than a similar man of healthy weight.

QUALITY OF LIFE

When you have excess weight, your overall quality of life may be diminished. You may not be able to do things you used to do, such as participating in enjoyable activities. You may avoid public places. Obese people may even encounter discrimination.

Other weight-related issues that may affect your quality of life include:

- Depression
- Disability
- Sexual problems
- Shame and guilt
- Social isolation
- Lower work achievement



about any prescription or over-the-counter medications, vitamins or supplements that you take.

WHAT TO EXPECT FROM YOUR DOCTOR

During your appointment, your doctor is likely to ask you a number of questions about your weight, eating, activity, mood and thoughts, and any symptoms you might have. You may be asked such questions as:

- How much did you weigh in high school?
- What life events may have been associated with weight gain?
- What and how much do you eat in a typical day?
- How much activity do you get in a typical day?

LOSE EXCESS WEIGHT

SPEAK TO YOUR DOCTOR

Talking to your health care provider openly and honestly about your weight concerns is one of the best things you can do for your health. In some cases, you may be referred to an obesity specialist, if one is available in your area, or a Medical Weight Loss and Management program. You may also be referred to a behavioral counselor, dietitian or nutrition specialist.

QUESTIONS TO ASK YOUR DOCTOR

Being an active participant in your health is important. One way to do this is by preparing for your appointment. Think about your needs and goals to lose the excess weight. Also, write down a list of questions to ask.

These questions may include:

- What eating or activity habits are likely contributing to my health concerns and weight gain?
- What can I do about the challenges I face in managing my weight?
- Do I have other health problems that are caused by obesity?
- Should I see a dietitian?
- Should I see a behavioral counselor with expertise in weight management?
- What are the treatment options for obesity and my other health problems?
- Is weight-loss surgery an option for me?
- During what periods of your life did you gain weight?
- What are the factors that you believe affect your weight?
- How is your daily life affected by your weight?
- What diets or treatments have you tried to lose weight?
- What are your weight-loss goals?
- Are you ready to make changes in your lifestyle to lose weight?
- What do you think might prevent you from losing weight?

Be sure to let your health care provider know about any medical conditions you have and

MAKE THE RIGHT CHOICES

SETTING GOALS

The National Institutes of Health (NIH) recommends that a reasonable weight loss goal to achieve over 6 months is to lose between 1 and 2 pounds each week, or about 10% of your current weight.

Your weight loss goals should be:

- **Specific**, better to say you will swim 5 days a week for 30 minutes, than to simply say you will increase exercise
- **Realistic**, be honest about your abilities, your time, and what you truly enjoy doing
- **Flexible**, give yourself a little wiggle room to allow for unforeseen events

Getting to a healthy weight and staying there is not easy. Adults may spend years trying different regimens but healthy weight loss is possible!

KEY TO SUCCESS

While cutting calories and being more active are key in any weight loss plan, many people need other kinds of help to lose and manage weight long-term.

The National Institutes of Health (NIH) recommends that treatment choices be guided by your BMI or other measures of excess weight. Another important thing to consider is whether you have any other health problems.

Again, your best bet is to talk with your health care provider about your options. She or he can create a weight loss “road map” that is right for you. If you feel you need extra support or guidance, a Medical Weight Loss and Management program can help you review and understand your weight loss treatment options.

No matter what options you choose, everyone who is affected by obesity should:

- Eat mindfully, reduce calories, reduce portion sizes, and focus on eating healthy foods
- Be physically active
- Modify behavior in ways that help you achieve your weight loss goals



EATING RIGHT FOR WEIGHT LOSS

The tried—and—true—weight loss strategy of reducing your caloric intake works. Cutting 500 to 1,000 calories per day from what you eat to maintain your weight yields a 1-to-2-pound weight loss per week. A doctor or a dietitian can help you determine what is a safe calorie intake for you to lose weight.

To be healthy, your body needs water and the following nutrients:

CARBOHYDRATES

Make approximately 50 to 55% of your calories come from complex carbohydrates—particularly, vegetables, brown rice, oatmeal and sweet potatoes. Increasing your fiber intake also helps food digest more slowly so you don't experience as many physical craving and bouts of hunger. High-fiber foods include fresh vegetables and fruit, as well as whole grains.

PROTEIN

Lean proteins, such as grilled chicken, lean broiled steak and fish, improve satiety and can help you retain lean mass as you drop pounds. Go for about 0.55 grams per pound of your body weight per day, as long as this keeps you within your required calories intake for weight loss.

FATS

Small amounts of unsaturated fats are important for optimal bodily function, so have a teaspoon or two of olive oil, 1/8 of an avocado or ½ ounce of nuts at some meals.

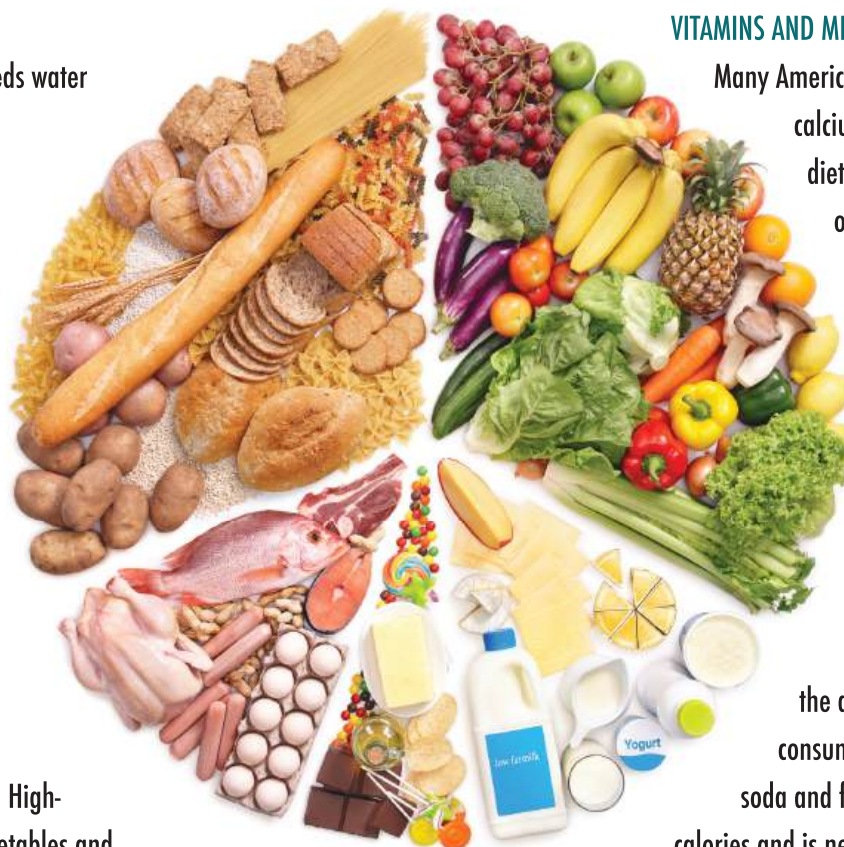
VITAMINS AND MINERALS

Many Americans do not get enough calcium and vitamin D in their diets. Everyone needs these and other vitamins and minerals for strong bones and good health. Eating more vegetables, fruits, whole grains, and milk products can help you get these essential nutrients.

WATER

We often do not realize the amount of extra calories we consume through beverages like soda and fruit juices. Water has zero calories and is needed for good health. People who are trying to maintain a healthy weight are encouraged to drink water.

No matter how you intend to lose weight, eating healthy food is vital. No plan, no pill, and no surgery will succeed unless you eat nutritious food in portions that are right for you. Knowing more about food and meal planning can make a big difference.



TIPS TO LIMIT YOUR PORTIONS



1. CUT YOUR PORTIONS IN HALF

If you usually eat a plate of pasta for lunch, eat half of it and save the rest for another meal.

2. MEASURE YOUR FOOD ACCURATELY

Use a measuring cup or measuring spoon when trying to figure out portion sizes.

3. LEARN TO ESTIMATE SERVING SIZES

This helps when measuring tools aren't easily available. For instance, one cup is about the size of a tennis ball.

4. USE SMALLER KITCHENWARE

Replace your large plates, bowls and cups with smaller ones to help control your portions.

5. ADD VARIETY TO YOUR PLATE

Fill half the plate with fruits and vegetables, one quarter with protein, and one quarter with a healthy starch.

6. LIMIT CALORIES FROM DRINKS

Drinks and liquids tend to be less filling but are high in sugars and calories. A couple of drinks here and there will add up.

7. MAKE SINGLE-SERVING PORTIONS

Pre-portion bulk items like pasta, rice, pretzels and snacks so that you don't over eat them.

8. EAT WITHOUT DISTRACTIONS

Be mindful while eating and do not have your meal while watching TV or on your phone. Eat slowly, savor the meal and do checks to make sure you don't over eat and become too full.

9. SOCIALIZE AWAY FROM FOOD

When at a party or out with friends, don't socialize and network around food. Grab some water to keep your hands occupied instead of an appetizer or snack.

10. OPT FOR WATER OR A HEALTHY DRINK

When eating out, make it a habit to go for the water or tea. Not only will you save calories, but you'll also save money.

11. LIMIT FRIED FOODS

Fried foods tend to be greasy and oily so try to avoid them. If you must, ask your friends to split the order with you or blot excess oil with napkins.

12. GO FOR LIGHT

Go for light dressings and seafood or other light meats. Also try to get your dressings and sauces separately and add them yourself according to taste, but don't add too much.

13. ASK FOR A TO GO BOX

Don't be embarrassed. Always ask for a to go box. That way, you don't force yourself to finish all your food and you'll have leftovers for another meal or snack.



SKIP THE SUGARY DRINKS

KICK THE BEVERAGE HABITS

Lower your daily calorie intake by cutting sodas and other sugary drinks, which includes flavored teas, energy drinks, sports drinks, store-bought coffee and artificially flavored fruit juices. All of these contain sugars, carbs, sodium and calories. Cutting these drinks from your diet can provide almost immediate results.

Let's say you started off your morning with a glass of fruit juice: 230 calories, a cup of coffee on the way to work: 400 calories, a soda with your lunch: 280 calories, and a glass of wine to go along with your dinner: 130 calories. That adds up to about **1,040 calories per day** just from drinks.

Cut back on your drinks and try not to drink them daily. Instead, substitute them for healthier alternatives:

- **Water**, which keeps you hydrated
- **Coffee**, and don't add too much sugar and creamer
- **Fresh tea**, either hot or cold, and try not to add too much milk and sugar or substitute with honey
- **Coconut water**, but don't drink more than one per day

EVALUATE YOUR CHOICES



If you need additional support to kick start your healthy eating lifestyle you might consider commercial weight-loss and/or meal replacement programs, such as Weight Watchers. You will find that you are faced with hundreds of choices, many with claims sounding too good to be true. It is important when choosing a program to evaluate them based on what will work for you.

TIPS FOR EVALUATING COMMERCIAL WEIGHT LOSS PROGRAMS

Make sure whatever plan you choose:

- Promotes gradual weight-loss
- Teaches you how to make permanent lifestyle changes
- Encourages exercise
- Does not exclude major food groups
- Does not make certain foods “bad” or “illegal”
- Does not make outlandish weight-loss claims

LEARN TO EAT WELL

While it may seem as if no one understands your needs, you are not alone. The best place to find those kindred spirits is in a support group. The following support groups can teach and help you make smarter and healthier nutrition choices:

BETWEEN STARVING & STUFFED SUPPORT GROUP

Mindful eating for a healthy weight.

Every 3rd Monday of the month

6:30pm - 8:00pm

Torrance Memorial Health Conference Cntr
Room 1 and 2

310-891-6735

BARIATRIC NUTRITION SUPPORT GROUP

Led by a registered dietitian.

Every 2nd Monday of the month

6:00pm - 7:00pm

Torrance Memorial West Tower
2nd Floor, Room A

310-891-6735

GET ACTIVE!



INCREASE YOUR PHYSICAL ACTIVITY

IF YOU NORMALLY...	TRY THIS INSTEAD
Park as close as possible to the store	Park farther away
Let the dog out back	Take the dog for a walk
Take the elevator	Take the stairs
Have lunch delivered	Walk to pick up lunch
Relax while the kids play	Get involved in their activity

Having excess weight can make it harder to be active, but if you start slowly you can make real progress. Being active can help you maintain weight loss and improve your physical and mental health.

Being more active does not mean you need to run a marathon. You could start with moderate-intensity activities such as brisk walking, leisurely bike riding, dancing, or light swimming. The key to success is finding activities you enjoy doing and that fit with your lifestyle.

If you are able to and are interested, going to a gym or taking a yoga or exercise class can really help. Working out with others can keep you motivated, and can be fun as well.

If you are not already active, talk with your health care provider before starting any new program of physical activity. Whatever kind of activity you choose, start slowly and build gradually.



POPULAR FITNESS APPS



MYFITNESSPAL

MyFitnessPal allows you to track your food intake as well as your weight loss progress. When you join, you enter your goal weight, date of birth, current weight, gender, height and rough activity level and it calculates the amount of calories you need as well as how much fat, cholesterol, sodium, carbohydrates and protein you need daily. It also plots helpful graphs showing your weekly calorie intake and your progress.



PEAR PERSONAL COACH

PEAR goes beyond simply tracking data and actually makes sense of it. Designed as a coaching platform of interactive audio workouts, professional trainers react in the moment to guide, motivate and keep you company on your journey. Reacting to your data, the app acts like a personal trainer, providing you with a personalized training experience in real time. PEAR offers hundreds of workout possibilities.



FOODUCATE

Fooducate takes the guesswork out of nutrition labels and shows you which foods are healthy, and those to avoid entirely. Fooducate will alert you to these potentially-harmful chemicals and preservatives after a simple scan of the bar code. Additionally, the diet and nutrition app offers all foods a grade of A, B, C or D, based on how processed the food is, and what and how many nutrients it contains.



CHARITY MILES

Charity Miles tracks miles for you, and when you complete a session, the app will offer you a sponsorship for your charity. To accept the sponsorship, you will then be asked to share your achievements, raise awareness for your charity and to thank your sponsor on social media. The more miles you pile up, the more money you'll earn for your charity.



MYSUGR

mySugr helps you manage diabetes. Important data like meals, meds, blood sugars and more can be captured quickly and easily. Everything is right on the first screen—a graph of the past day, average blood sugar, standard deviation, amount of insulin, activity levels, and an estimated HbA1c.



YONDER

Yonder has a profile section that allows you to add outdoor "experiences" by snapping a photo, geotagging it and adding a brief comment. You can add details by selecting a category and adding tags to help others find your experience. The other half of Yonder allows you to view other's experiences using GPS and a map to help pinpoint nearby shared content.



5 BEST WORKOUTS FOR OBESE EXERCISERS

WALKING

Is an easily accessible option for exercise. According to the National Institutes of Health, it's best to start off at a slow pace, walking for about 20-30 minutes at least three days a week. As your endurance and fitness levels improve, build up to 40-50 minutes at least five days a week. Try to increase the intensity of your exercise by picking up the speed of your steps as you progress on your weekly walks.

SWIMMING

Like walking, swimming is a low-impact activity that increases heart rate, yet causes little to no strain on the ankles, knees and hips. The recommendation is the same for this athletic pursuit, starting off at a slow pace for about 30 minutes at least three days

a week. From there, work toward 45 minutes at least five days a week.

STATIONARY BIKE

Riding a stationary bike is another proven form of low-impact exercise. A recumbent bike, as opposed to an upright stationary bike with the same small seat as a regular bicycle, is your best bet. You can sit comfortably on a chair-like seat, which eases pressure on your back and joints. Start with five minutes of pedaling and gradually increase the time and intensity of your workouts.

TAI CHI

Is a form of exercise and meditation that originated in China. The practice involves moving through a series of martial arts

postures that improve balance, burn calories and strengthen your muscles. Moving so slowly makes this exercise workable for those with excess weight. If you are unable to stand for an extended period, you can even benefit from practice while sitting in a chair.

STRENGTH TRAINING

As you incorporate more aerobic activity into your daily routine, you should also find time for strength training. Lifting weights helps improve muscle strength, making it easier to engage in other athletic pursuits. It also increases muscle mass, which burns more calories than fat. You can increase the number of calories your body burns by adding muscle to your frame.

GADGETS TO TRACK YOUR PROGRESS

APPLE WATCH (\$269-\$369)



The Apple Watch is a smart watch and fitness tracker. It keeps track of steps taken, distance traveled, heart rate, calories burned, minutes spent exercising and even swim styles. It can also log specific workouts like outdoor runs and indoor cycling sessions. The newest model (Series 2) includes a GPS sensor and is water resistant.

GARMIN VIVOACTIVE (\$129)



The Garmin Vivoactive is a smart activity tracker that works with any lifestyle. Besides recording outdoor runs, sleep monitoring, and smartphone notifications, you can also use the Vivoactive to check the weather or even locate your phone.

MISFIT RAY (\$99.99)



The simple and stylish device tracks basic stats like steps taken, calories burned, distance moved, and sleep. The Ray will also alert you with a vibration and blue blinking light when you get a text, and a vibration and green blinking light for texts.

FITBIT CHARGE 2 (\$109-\$129)



Fitbit's Charge 2 has all the essentials. It measures steps taken, calories burned, floors climbed, heart rate and active minutes while simultaneously tracking more intense exercise as well as sleep patterns. There is no built-in GPS but you can connect your Android or iPhone to capture running routes and calculate lap splits.

MOOV NOW (\$54.99-\$59.95)



The Moov Now is not just a fitness tracker—it provides real-time coaching. Paring the device with a smartphone provides a handful of exercise programs where the Moov app gives you directions based on the Moov's sensors. It can also track sleep, calories burned, and active minutes.



In a weight loss market crowded with gimmick diet plans and supplements, a Medical Weight Loss program provides a safe, reliable option for adults looking to get serious about weight management and begin a healthier lifestyle.

While medical weight loss programs vary in length, intensity, and structure, these types of programs meet two important criteria:

1. they offer an evidence-based treatment plan, meaning the methods are backed by solid clinical research, and
2. they are closely supervised by medical professionals with expertise in treating obesity, such as a medical doctor, nurse, nurse practitioner, physician assistant, registered dietitian and/or a psychologist.

The cost to participate in a medical weight loss program varies depending upon the services offered. Health insurance companies may cover some or all of your treatment particularly if you have weight-related health conditions such as heart disease, hypertension or diabetes.

MEDICAL WEIGHT LOSS AND MANAGEMENT PROGRAM

THE WEIGHT IS OVER, START YOUR JOURNEY TODAY. Call Jamisson Costa at 310-602-4905 or email JamissonCosta@ymcala.org for more information about YMCA Weight Loss Program, or visit torrancememorial.org/WeightLossPrgm for more information.

LOSE WEIGHT & GET HEALTHY

Torrance-South Bay YMCA and Torrance Memorial Medical Center are now offering classes to help you lose weight and to improve your health for life. This year-long evidence based program will teach you ways to eat healthy, boost your energy and reduce your risk for type 2 diabetes. You do not need to be pre-diabetic to participate in this program.

SESSION TOPICS INCLUDE:

- Ways to Eat Less
- Problem Solving
- Ways to Stay Motivated
- 4 Keys to Healthy Eating Out

TESTIMONY FROM LIDDI, A FORMER TORRANCE-SOUTH BAY YMCA DIABETES PREVENTION PROGRAM MEMBER WHO IS NO LONGER PRE-DIABETIC:

"I reached a peak weight of 240lbs at the time of enrollment in the program. Merely 3 months later, I had lost 26lbs of excess body weight and most recently, after 10 months later, I have lost a total of 52lbs, and most current value has been a total of 58 pounds. Under the guidance of this program, I have been able to achieve significant and sustained weight loss for the first time ever."

Classes are available for everyone in the community. You do not need to be a YMCA member to join our program. Non-YMCA members receive a four-month FREE Y membership while in the program.

THE WEIGHT IS OVER, START YOUR JOURNEY TODAY

Call Jamisson Costa at 310-602-4905 or email JamissonCosta@ymcala.org for more information about YMCA Weight Loss Program. Classes are offered at various times. Financial assistance is available.



TORRANCE-SOUTH BAY YMCA



WEIGHT LOSS SURGERY

Weight loss surgery, also known as bariatric surgery, may be an option if you have a significant amount of excess weight. This means a BMI of 40 and above, or a BMI above 35 if you also have other weight-related health problems, such as diabetes or heart disease. Your health care provider will help you decide if bariatric surgery might be right for you.

Surgery often results in significant weight loss (as much as 32% of starting weight, depending on the procedure type) and the weight tends to remain off for years. Patients who have bariatric surgery may also have improvements in weight-related health problems, such as high blood pressure, sleep apnea, high cholesterol, and type 2 diabetes.

The benefits are undeniable—improved health, better quality of life, and your best odds of permanently keeping the weight off. However, it's not a quick fix. Bariatric surgery is just one of the tools provided to help you start a healthier life.

There are three basic types of weight loss surgeries available:

GASTRIC BYPASS SURGERY: the stomach is permanently reduced to an egg-sized pouch, which is reattached to the intestine, bypassing most of the stomach and the first part of the small intestine

ADJUSTABLE GASTRIC BANDING: an adjustable band is placed around the stomach to limit the amount of food you can comfortably eat

GASTRIC SLEEVE: removal of most of the stomach, turning it into a narrow tube

There is no “best” procedure—your health care provider will refer you to a bariatric surgeon who will work with you to decide which type of surgery might be right for you. As with any surgery, bariatric surgery involves some risk of complications. When performed by an experienced surgeon, however, bariatric surgery has a very low incidence of death and is as safe as other major surgeries. Talk with your surgeon about the possible risks of each procedure.

WHAT DO YOU HAVE TO LOSE?

Attend a FREE information seminar to learn about your weight loss surgery options.

[torrancememorial.org/
SurgicalWeightLoss](http://torrancememorial.org/SurgicalWeightLoss)

START YOUR JOURNEY TO A HEALTHIER LIFE



Now that you understand that having excess weight greatly raises your risk for future disease and health risk. We hope you also understood that there is hope, and that having excess weight is not a choice or matter of willpower. Genes and biology are involved, and many aspects of modern life can make it easy to gain weight.

The important thing is that you can learn to change your lifestyle, lose excess weight, and become healthier. You can slowly make better food choices and build more physical activity into your life. A Medical Weight Loss program or surgical techniques may be options for those with significant excess weight.

Controlling excess weight is a lifelong effort, but you have taken the first steps on your journey by reading this guide. Work with your health care provider, and you will find the best path towards success and the many benefits of a healthy weight!

NAMED AMONG THE TOP 6% OF HOSPITALS IN CALIFORNIA
and one of the best regional hospitals by U.S. News & World Report. Torrance Memorial offers expert care through a comprehensive health system in numerous locations throughout the South Bay, including our new state-of-the-art Lundquist Tower. Advanced care isn't far away, it's just around the corner. TorranceMemorial.org



TORRANCE MEMORIAL
HEALTH SYSTEM

NATIONALLY RECOGNIZED CARE • 18 PATIENT CARE LOCATIONS • PHYSICIAN NETWORK

EXCEPTIONAL
CARE.

EXCEPTIONALLY
CLOSE.

BEST
REGIONAL HOSPITALS

U.S. News & World Report

LOS ANGELES, CA
RECOGNIZED IN 7 SPECIALTIES
2014-15

Lundquist Tower, 3330 Lomita Blvd., Torrance CA

