and chief of endrocrinology at Harper

and chief of endrocrinology at Harper Grace Bropital.

"You have to return obese people to a primitive diet with whole grain foods that are less purified, less processed and with less meat," Lucas said. "Man doesn't need as much food as we eat, and we need more exercise. That is the basis we need to follow to get thin." Lucas said at the clinic doctors stress behavior modification. Patients are encouraged to keep daily records of the food they eat. The log will highlight the times of day the dieter tends to overeat and what types of food are consumed. Being aware of these factors could help them overcome obesity.

many different ways.

"Obese is considered overweight for the person's helght, age and body frame if their physical functioning is impaired," according to David Wesner, clinical social work supervisor at

impaired, according to David Wesner at clinical social work supervisor at Harper. Obesity shortens life span, because it's related to diseases like heart prob-lems, atroke, hypertension and dia-betes, Parente said.

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MOST NUTRITIONALISTS and endroctinologists emphasize the importance of going to a clinic that is run by doctors, or ones that are based at hospitals and universities.

It's important to ensure the person lass only laft and not excess muscle tissue, according to Parente. It usually cate that the proposed issue, according to Parente. It usually cate the relative special to the desired the helpids register to the desired the helpids register to the heast with the correction of the heast of the desired the helpids register to the heast with the correction of the heast of the desired the helpids register to the heast of the hea

Woman halves weight

DIETING TO extremes may also be

DIETING TO extremes may also be unhealthy.

"Anyone who goes on a very rigid diet runs the risk of having a cardiac arrest," according to Kinzie. "A structured type of weight loss, whether it be at weight loss clinics or not, have helped molivate obese people, but human starvation (extreme diets) or sunistarvation have some real risks to

Women usually lose between one and its pounds per week, and men on the average lose between two and three pounds each week, according to Wiley. "There aren't many weight watching programs that say you can go out and have a glass of wine or a light beer and still lose weight successfully;" she said. Most doctors agree motivation in losing weight is a key factor in ridding the body of unwanted fat.

that if someone loses weight and holds it for 12 consecutive months, we would consider reducing their premiums."

A man 5 feet 10 inches tall who weighs more than 350 pounds is an example of someone who would be charged a premium for being overweight, Weist explained.

"A person who is mildly overweight—we don't think it affects their mortality rate." Weist saild.

it."
The long term goal is to change eating habits, Kinzle said.
Sixty percent of the patients at the 17 Michigan Quick Weight Loss Clinics are women, and the average patient has 30 or more pounds to lose, according to Deborah Lipinski, district managements.

age: Deboran Lipinski, district mana-ger.
"For the first 15 years of life we're fed food, so many people have to learn how to cat," Lipinski said. "We have guides to behavorial modification, and we try to help them in social situations like parties."

like parties."
Studies show there are more obese women than men. A woman's body is composed of 25-30 percent fat, while a man has between 15-20 percent fatty tissue. Men have more muscle tissue than females and are able to burn calories easier. ries easier.
"The success rate may be great

"The success rate may be great while you're Iosing, but some people don't always keep the weight off, and they come back," according to Dorothy Wiley from Weight Watchers. "Losing weight is only as easy as you yourself make it."

Women usually lose between one and 1½ pounds per week, and men on the contract of the property of the property of the property less thanks they will be the property of the property of



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