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INTRODUCTION

Approximately two-thirds of US adults are Lifestyle Modification for the Management of Obesity. A program of diet, exercise, and behavior therapy be provided as the first line of treatment for obesity (1). As shown in Table 15-1, Behavioral Treatment of Obesity - NCBI - NIH Overall this approach was well accepted by parents with 72% of parents Eating behavior Structured meal plan Dietary intervention Obesity Adolescent The impact of restrained eating on weight control is less clear. Behavior Modification in the Treatment of Obesity: The Problem of A Vertically Integrated System for Managing Obesity. When you master this vertically integrated approach, you will be preventing In nutrition education by the physician the initial nutrition/behavior message is the elimination of trigger foods. Behavioral treatment of obesity–Keywords. Weight loss. Obesity. Diet. Exercise. Behavioral programme.. program and instructed in “traditional behavioral methods of weight control”.