

Total Joint Replacement Weight Loss Resources

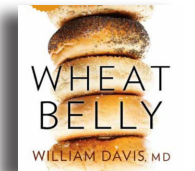
This list provides examples of tools to help with weight loss. Although everyone's journey is unique, patients have found success with these aids. Many of these programs are available as books, meetings or computer applications. Always consult your Primary Care Doctor before beginning your weight loss journey.



The **South Beach Diet** is a low-carb plus lean protein diet. They offer books with online support and meal delivery.



Weight Watchers uses either meetings or an online forum for support. It restricts calories and encourages exercise, using a point system. There is an app for tracking food.



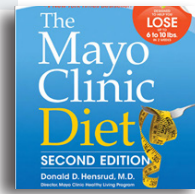
Wheat Belly eliminates gluten and reduces sugar intake. Wheat Belly is a book with limited online support.



Overeaters Anonymous is a 12-step program to help control food urges. It involves routine meetings for support.



Optavia offers a mixture of meal replacement and no carb eating for a period of time, while teaching healthy eating options. There are programs at local health centers and online.



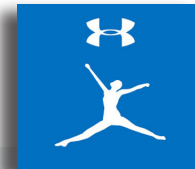
The **Mayo Clinic Diet** teaches smart food choices and increased physical activity. It recommends reduction of dense calorie food. It is offered in book and online formats.



Noom is an online diet tool that helps change behaviour to encourage better food choices and an increase in exercise.



Bright Line Eating eliminates all sugars and flours from the diet, along with reducing portions and snacks. There is a book and an online platform. They offer boot camps to get started, but does not have a physical activity component.



My Fitness Pal is an online tool that tracks calories and exercise, and compares it to a daily budget. There is a smart phone app for tracking food.



Zero Sugar Diet is a book that encourages a no sugar and high fiber diet. There is a 14-day recommended diet with little to no exercise. Sugars are added-in in limited quantities after 14 days.