

MPV NEW JERSEY MEDICAL GROUP

Obesity Self-Management Support Plan

Obesity Support Groups

- ◆ Obesity Action Coalition – www.obesityaction.org

Emotional Support

- ◆ American Psychological Association – www.apa.org/helpcenter/obesity.aspx

Weight Management

- ◆ Weight Watchers - 800-621-6000; www.weightwatchers.com
- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- www.oa.org
- ◆ United States Department of Agriculture – www.chosemyplate.gov

Exercise

- ◆ Curves - 877-673-3144- www.curves.com
- ◆ 24 Hour Fitness - 800-224-0240- www.24hourfitness.com
- ◆ New York Sports Club - www.newyorksportsclubs.com
- ◆ National Institute on Aging - www.nia.nih.gov

Smoking Cessation

- ◆ www.smokefree.gov

Reduce Alcohol Drinking

- ◆ www.rethinkingdrinking.niaaa.nih.gov

Journals

- ◆ The Obesity Society – www.obesity.org/publications/obesity-journal

Apps

- ◆ Calorie King
- ◆ SparkQuote (Free, inspiring quote for the day)

Log Your Food On-line

- ◆ www.myfooddiary.com ◆ www.sparkpeople.com ◆ www.my-calorie-counter.com
- ◆ www.myfitnesspal.com ◆ www.fitday.com