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Obesity Action ALERT

An E-newsletter Proudly Brought to You by the 

April 2013

News from the 

Obesity in the News



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- [Foods Shouldn't be Considered 'Good' or 'Bad'](#)
- [Physicians Affected by Excess Weight are Vulnerable to Weight Bias](#)
- [What Weight-loss Does to Your Body--And Mind](#)
- [YWM Convention: Uniting the OAC Family](#)

OAC's *Your Weight Matters* Campaign

Re-launches - One week from today, April 8, the OAC will re-launch the *Your Weight Matters* Campaign with the unveiling of an updated Web site and new resources for all Campaign participants.

The Campaign aims to educate individuals about weight and prepare them for the conversation of weight with their healthcare provider through the Campaign

Feature Story

"Rise to the Challenge" at the 2nd Annual Your Weight Matters National Convention



Registration for the 2nd Annual *Your Weight Matters* National Convention is now open! The Obesity Action Coalition (OAC) is proud to host the *Your Weight Matters* National Convention, "Rise to the Challenge," this year in Phoenix, August 15-18. Obesity experts from throughout the United States will join hundreds of individuals concerned about weight and health topics to present the latest research and proven weight-loss techniques.

Win a FREE, 3-night Stay at the Convention Host Hotel



We are excited to have so many individuals registering for this year's meeting! The first 150 registrants are automatically entered for a chance to win a FREE three-night stay at this year's host hotel: the Arizona Grand Resort & Spa. Additional entries into the contest can be earned by simply telling us why you are attending Convention. [Click here](#) for details on this contest!

See the Topics That Will be Presented--View the Agenda Online!

With topics covering nutrition, fitness, bariatric surgery, self-perception and more, there is something for everyone at the *Your Weight Matters* Convention. One of the most popular features of the Convention is the Lunch with the Experts session, where attendees can have



Challenge.

Stay tuned for details and [click here](#) for more information.

Exhibit Opportunities at the Your Weight Matters Convention -

One of the goals of the *Your Weight Matters* Convention is to provide attendees with resources and tools for their weight-loss journey. With new companies interested in exhibiting and showcasing their products at the Convention every week, we are well on our way to meeting this goal.

In addition to exhibitors, national sponsors make the *Your Weight Matters* National Convention possible. Our sponsors help keep costs low, so more people can attend the premier educational event on weight and health. National sponsors are still being accepted, and we are in the process of securing additional companies and organizations.

To learn more about exhibiting and sponsorship, please [click here](#).

If you are interested in showcasing your support of the OAC's National Convention through sponsorship or exhibiting, please contact Kristy Kuna, OAC Director of Programs and Membership, at kkuna@obesityaction.org.

OAC Welcomes New Chairman's Council Member

lunch with an expert in the field of obesity in a small group setting. Each session is themed around a different topic and it is an exclusive time for attendees to interact one-on-one with an expert. The Program Agenda including all topics and Lunch with the Experts sessions can be found on by [clicking here](#).



Time	Topic	Speaker
12:00 - 12:30	Lunch with the Experts	Dr. [Name]
1:00 - 1:30	Panel Discussion	[Panelists]
2:00 - 2:30	Workshop	[Speaker]
3:00 - 3:30	Breakout Session	[Speaker]
4:00 - 4:30	Panel Discussion	[Panelists]
5:00 - 5:30	Workshop	[Speaker]
6:00 - 6:30	Breakout Session	[Speaker]
7:00 - 7:30	Panel Discussion	[Panelists]
8:00 - 8:30	Workshop	[Speaker]
9:00 - 9:30	Breakout Session	[Speaker]
10:00 - 10:30	Panel Discussion	[Panelists]
11:00 - 11:30	Workshop	[Speaker]
12:00 - 12:30	Breakout Session	[Speaker]

Nurses and Healthcare Providers Can Earn up to 14 Credit Hours at Convention



Nurses and healthcare providers are also encouraged to attend the Convention. While the Convention is intended for patients, health professional can learn what the patients learn and earn up to 14 continuing education credits. When registering, be sure to select the

registration option that includes CE credits.

View Your Official Invitation Video

The *Your Weight Matters* Convention is an excellent opportunity to unite with other people who are concerned with weight and health. The best way to understand Convention is by hearing from those who have attended in the past. [Click here](#) to view the 2nd Annual *Your Weight Matters* Convention invitation video.



**We can't wait to see everyone this August!
To Learn More and Register, visit
YWMConvention.com**

Member - This month, we are proud to welcome Ephrata Community Hospital Weight Loss Clinic as our newest member of the OAC Chairman's Council. Based in Stevens, PA, Ephrata Community Hospital Weight Loss Clinic provides comprehensive weight management services, from physician-supervised programs to bariatric surgery. As part of the Chairman's Council, Ephrata Community Hospital Weight Loss Clinic has demonstrated their commitment to furthering education and supporting individuals affected by obesity.

Joining even one new Chairman's Council member a month is great progress toward furthering the mission of the OAC. The OAC Chairman's Council is a great way for companies and organizations to publicly display their support of individuals affected and the cause of obesity.

To learn more about the highest level of membership in the OAC, please [click here](#).

Are you an OAC Member? - The *Obesity Action Alert* is a FREE monthly e-newsletter provided by the OAC. But did you know that there are many more benefits to being a member of the OAC? OAC members receive more benefits including e-news alerts and *Members*

Fast Facts...

- Laughter is the best medicine because it sends 20 percent more blood flowing throughout your whole body.
- If you are allergic to pollen, it is best to avoid going outdoors in the morning when pollen is most widespread.
- When you take a step, you are using about 200 different muscles. Taking 10,000 steps a day will improve your health and lead to a longer life.
- The OAC has more than 500 followers on Pinterest. Are you one of them? If not, click the Pinterest icon below and become one today!
- A recent study found that drinking at least 16 ounces of water in the morning can boost your metabolism by 24 percent.

Connect with the OAC



Thank You!

Thank you for subscribing to the *Obesity Action Alert*, the OAC's FREE monthly e-newsletter. To learn more about the OAC or to join the Coalition as a member, please visit www.obesityaction.org.

Thank you,
Obesity Action Coalition

news alerts and members. Make a Difference e-newsletter. Members also receive one of the OAC's most sought-after resources – *Your Weight Matters Magazine*. The magazine features articles on a variety of weight-related topics and features a special section, "OAC Members Matters," where members share their weight-related struggles and triumphs.

For more information on full OAC member benefits and to become a member of the OAC, [click here](#).

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<http://www.obesityaction.org/>

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