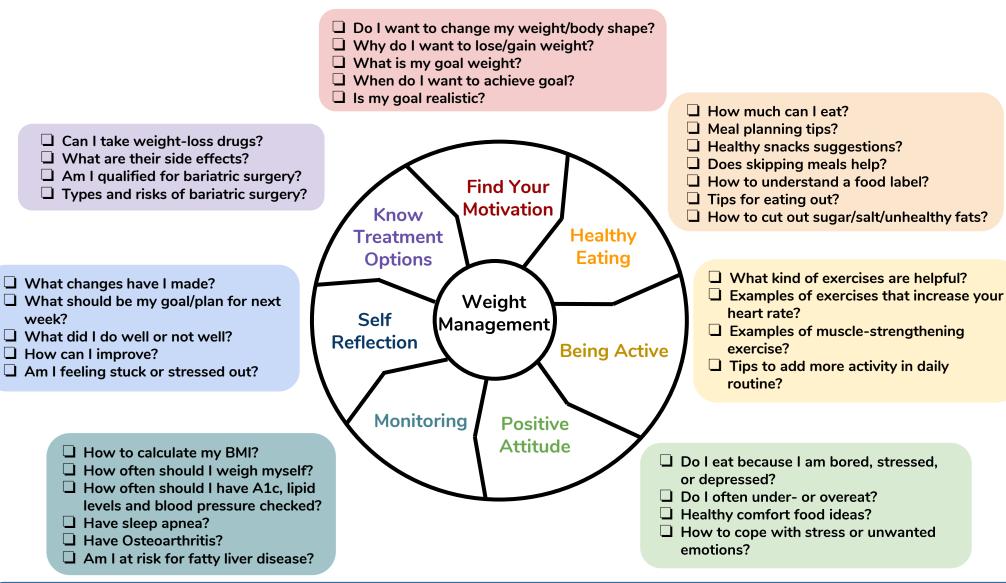
## 7 Steps to Manage Your Weight

Weight management is about achieving a healthy weight and maintaining it throughout life. Listed below are 7 key behaviors to help you achieve or maintain goal weight in healthy and positive ways. Please check the boxes for items that apply to you or you are interested in knowing more about, we will be happy to assist you.





To learn more about our doctor's group, call Member Relations: (415) 590-7418



aamgdoctors.com



voutube.com/AAMGDoctors



facebook.com/DoctorsAAMG