

Weight doesn't have a calendar  
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Broadcast Version

**INTRO:**

WEIGHT DOESN'T HAVE A CALENDAR. NOW THAT THE NEW YEAR HAS COME AND GONE – MANY RESOLUTIONS HAVE DONE THE SAME. BUT DR. KIDANU BIRHANU (**KIH-DAH-NOO BRR-HA-NOO**)– AN INTERNAL MEDICINE AND WEIGHT LOSS SPECIALIST WITH OSF HEALTHCARE – SAYS IT'S MORE IMPORTANT TO MAKE BEHAVIORAL MODIFICATIONS THAN SETTING A DATE TO LOSE WEIGHT.

**TAKE VO**

MEETING WITH THE WEIGHT MANAGEMENT TEAM AT ANY OSF LOCATION ISN'T JUST PUTTING TOGETHER A DIET TO GO ON – DR. BIRHANU SAYS THE TEAM WILL WORK WITH YOU TO PUT TOGETHER A HEALTHY LIFESTYLE PLAN. HE ADDS THAT SETTING EXPECTATIONS IS KEY.

**TAKE SOT**

“I don't want them to expect too much or too little. After they lose weight, I always ask them what other things in their lives improved because of the weight loss,” Dr. Birhanu says.

**VO TAG**

DR. BIRHANU SAYS LOSING WEIGHT AND THEN GAINING WEIGHT BACK IS A COMMON OCCURRENCE... BECAUSE YOUR METABLISM GOES DOWN EACH TIME YOU LOSE WEIGHT. HE SAYS EXERCISE IS A GOOD WAY TO IMPROVE YOUR METABOLISM.