

Allina Health | Weekly class attendance with OPTIFAST

The support group is not mandatory, but it is highly encouraged. This is the part of the program where you're really going to learn how to improve your relationship with food and how to really put together a healthy meal that works for you and your family. It really is the part too that can help you succeed in the long term.

We want you to lose weight, but we also want you to maintain it. That's sometimes the hardest part, maintenance of weight loss and also, maintenance of those behavior changes. The group classes will really help you along with that because they're going to provide you education, support, and accountability.

You'll also be able to share your successes with other people that are doing the same thing. Sharing of recipes, talking about things that are difficult-- that's a key component to having success. Studies show that when a meal replacement program is combined with the ongoing support group, more weight is lost.