

Physicians group sponsors ‘get fit’ program

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It’s no secret that obesity has become an epidemic in our country and community.

The bad news is that two-thirds of Americans are overweight, and almost one-third are obese. Obesity causes more than 300,000 unnecessary deaths in this country every year, and despite our efforts as physicians to improve our patients’ well-being, the problem is getting worse.

The good news is that when people receive the right counsel and encouragement, they generally succeed in losing weight. When patients of all ages and sizes improve their diet and increase their physical activity, they reduce many health risks.



With this in mind, the 200 independent physicians of CMIPA last year launched our “Step Up for Weight Loss 3-Mile Walk and Health Fair,” a free, fun-filled, energizing family event. This year, we’ve added an ongoing fitness initiative: The national “You’re It, Get Fit” program includes realistic workout routines, as simple as walking every day.

We at CMIPA have endorsed this program and are joining our patients by working out and walking in the event.

And we’re asking our medical colleagues and community members to help us walk the walk on Sept. 29, at St. Vincent Hospital. Registration starts at 8 a.m. for our walk and health fair, including screenings, health tips, entertainment and prizes.

Together we can step up to raise awareness about excessive weight.

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EDITOR’S NOTE: The writer is president of the Central Massachusetts Independent Physician Association.