

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

Medical Approval Form

DEB Program

_____ is interested in participating in the series of weight reduction lessons in the DEB Program conducted by the VPI&SU Extension Service. This educational program is designed to help women evaluate and restructure eating habits and activity patterns to bring about weight loss. It uses principles of behavior modification to encourage changing actions or habits related to overeating and/or underactivity. The program has been given the acronym DEB--diet, exercise, and behavior modification.

The diet plan used is based on the seven food group exchange system used for diabetic diets. The minimum calorie level used is 1200. Participants are encouraged to determine a calorie level that will bring about a weight loss of one to two pounds per week.

Participants in the DEB program are encouraged to increase their physical activity to help burn calories for weight reduction. Calisthenics, sports, walking, jogging, and jumping rope are suggested. However, any increase in physical activity is completely up to the participant.

On the basis of a physical examination and/or the medical history of this patient, do you feel this patient is physically able to participate in the weight reduction program? No _____ Yes _____

Activity limitations _____

Dietary limitations _____

Signature M. D.

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