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After 35 years of yo-yo dieting, local woman achieves lasting weight loss thanks to Holy Redeemer program

(MEADOWBROOK, PA) – “I can’t imagine you can help me.”

Those were some of the first words out of 48-year-old Loretta Rosso’s mouth when she met with a dietitian, exercise physiologist and psychologist at the Holy Redeemer Health and Fitness Center in Meadowbrook. The three are part of the Center’s 10-week “Trim-A-Weigh” program, which helps people lose weight by combining behavior modification, exercise and healthy meal plans.

A self-described “yo-yo dieter” since age 10, Rosso was good at losing weight but not at keeping it off.

“I tried every diet out there but was never able to keep the weight off for more than six months,” says Rosso, who grew up in the Olney section of Philadelphia and now lives in Warminster, Bucks County. “I’d lose 50 or 60 pounds, go off the diet and the weight would come right back on and then some.”

About two years ago, Rosso went on another diet but this time the weight didn’t come off. “I knew I’d be in trouble long term if I didn’t do something,” she says. She decided to sign up for the Trim-A-Weigh program.

“The Trim-A-Weigh program teaches people how to lose weight and keep it off using a three-pronged attack – exercise, healthy eating and behavior modification,” says Bob Catalini, manager of the Holy Redeemer Health & Fitness Center. “It’s a program based on facts and science, but it’s also a program that provides a lot of one-on-one support from trained experts.”

The dietary component of the program is overseen by a registered dietitian, while the

exercise component is handled by a certified exercise physiologist. Rounding out the team is a clinical psychologist who helps participants recognize and change the behaviors and issues that lead to weight gain.

“The goal of this program is *not* to achieve significant weight loss over the 10-week period but rather to help people develop a new routine that will allow them to lose weight and keep it off over a lifetime,” says Catalini.

So far so good for Rosso. Since going through the 10-week program in the fall of 2006, she has lost 64 pounds over an 18-month period and kept it off.

“In the past, I used to lose 60 pounds in six months on a diet, but it never lasted and wasn’t healthy,” says Rosso.

“After being on diets all of my life, I thought I knew it all,” she continues. “But I learned so much about healthy eating and what to eat to feel full. I also learned about the important role exercise plays in an overall weight-loss program.”

Before going through the Trim-A-Weigh program, Rosso says she couldn’t walk up a flight of stairs without getting winded.

“Now I can do an hour of cardio!” she says. “I feel so much more confident. When you’re overweight you become ‘invisible.’ I notice that I interact and talk with many more people now. I’m even about to take swimming lessons, something I’ve wanted to do my whole life but wasn’t brave enough to do.”

The Trim-A-Weigh program is offered three times a year. The next free introductory information meeting is Monday April 7 at 6 pm at the Holy Redeemer Health & Fitness Center. Participants who attend that meeting can sign up for the spring Trim-A-Weigh program, which begins April 21. For more information about the program or to register, call 1-800-818-4747.

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