



FOR IMMEDIATE RELEASE

## Give the Gift of Health with a Weekend Weight Loss Getaway this Father's Day

*Structure House offers "Weigh Down in Durham," a three-day weight loss and lifestyle vacation*

**DURHAM, N.C. (May 26, 2009)** — If you are struggling to find the perfect gift for that special dad in your life, show him how much you care by giving the gift of health this Father's Day. [Structure House](#), an internationally recognized weight loss center, is holding the first "Weigh Down in Durham," a three-day retreat at its residential facility in Durham, N.C.

Recently ranked "[America's Healthiest Diet](#)" by *Health* magazine, the Structure House program has helped thousands of people reach their weight loss goals and transform their lives through its unique 28-day program that combines principles of nutrition, psychology and exercise. "Weigh Down in Durham" will allow individuals to experience the same benefits of the core weight loss program during an intensive weekend retreat.

"Many studies have shown that losing weight and gaining a healthy lifestyle are much easier to do with a partner by your side," said Dr. Gerard J. Musante, clinical psychologist and founder of Structure House. "Designed as a more accessible and affordable version of our 28-day program, 'Weigh Down in Durham' is an ideal opportunity for individuals to partner up with a spouse, parent or friend to jumpstart their weight loss."

During the three-day program, participants will learn practical skills and gain the tools necessary to achieve long-term weight loss success by attending daily classes in nutrition, fitness and lifestyle change. They will also attend a personal training session, massage session and two individual meetings with a Structure House weight loss specialist, where they will develop personalized exercise and nutrition plans to use at home. After returning home, participants will also receive six follow-up phone calls with a member of the treatment staff.

"Weigh Down in Durham" will be held June 18-21 at Structure House's campus in Durham, N.C. Meals and accommodations are included. For more information or to make a reservation, please call 1-800-553-0052 or email [info@structurehouse.com](mailto:info@structurehouse.com).

### About Structure House

[Structure House](#)<sup>®</sup>, an internationally recognized residential weight loss center in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The program, recognized by *Health* magazine as "[America's Healthiest Diet](#)," integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss.

Gerard J. Musante, Ph.D., one of the nation's leading experts on obesity and weight loss, is the founder and director of Structure House. A renowned clinical psychologist, Dr. Musante was the first person to adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. Dr. Musante is the author of [The Structure House Weight Loss Plan](#). For more information, visit [www.structurehouse.com](http://www.structurehouse.com).

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