



FOR IMMEDIATE RELEASE

## **Structure House Weight Loss Program Named America's Healthiest Diet by *Health* Magazine**

*The Structure House weight loss plan received high marks for its focus on healthy lifestyle changes*

**DURHAM, N.C. (January 5, 2009)** — [Structure House](#), an internationally recognized residential weight loss center, has been ranked number one among [America's Top 10 Healthiest Diets](#) by *Health* magazine. The Structure House program was credited with its holistic approach to weight loss, an outstanding exercise component and tasty, low-fat recipes.

Editors with *Health* magazine began their search for diets that really work, creating a panel of experts who reviewed more than 60 diet programs. The Structure House program was named as America's number one healthiest diet, whether embarked upon at the residential campus in Durham, N.C. or at home.

According to the article, Structure House won high scores on every aspect of healthy weight loss and several panelists raved about the plan's motivational components. "It focuses on the 'why' behind overeating, and helps dieters learn to put their lives in balance," said registered dietitian Maureen Callahan.

An estimated 80 million Americans go on diets every year, however, just 25 percent actually achieve their weight loss goals and keep the weight off. Experts at Structure House say that approaching weight loss from a fad diet "mindset" is the underlying reason for failure.

Structure House 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. Unlike fad diets, Structure House provides the tools for immediate weight loss and the ability to maintain long-term success by teaching the skills necessary to make lifestyle changes.

"It is quite an honor to be recognized by *Health* magazine and its team of experts as America's Healthiest Diet," said Dr. Gerard J. Musante, clinical psychologist and founder of Structure House. "We pride ourselves in having a program that works for everyone and does not produce negative side effects like some quick fix diets. I am privileged to work with a wonderful team of treatment professionals, and together, we have improved the health and lives of many, many people."

Dr. Musante's book, [The Structure House Weight Loss Plan](#), provides an alternative for those who cannot afford the time or cost of the residential treatment center in Durham, N.C. It outlines a proactive plan that can be used in any environment (home, workplace and restaurants) and provides corrective actions for each emotion, enabling readers to regain a sense of balance and develop a positive relationship with food, resulting in an all-encompassing lifestyle change for weight loss and healthy living.

### **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).

**About *Health***

*Health* ([www.Health.com](http://www.Health.com)) is America's most-trusted health-and-wellness magazine, giving women credible, useful, and up-to-date information and inspiration on how to live healthier, happier lives. *Health* covers well-being, fitness, nutrition, and beauty with intelligence and flair, showing that healthy living isn't just important - it's fun, too. The magazine is published 10 times a year, reaching nearly 8 million readers with each issue.

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