



FOR IMMEDIATE RELEASE

Structure House Introduces Intensive Weekend Weight Loss Program

Make time for your personal health and regain control of your weight

DURHAM, N.C. (August 10, 2009) — [Structure House](#), the leading residential weight loss center in North Carolina, now offers a three-day weight loss retreat. The special series of classes will help people jumpstart their weight loss and learn about the successful Structure House program in one weekend visit.

Recently ranked "[America's Healthiest Diet](#)" by *Health* magazine, 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. The weekend retreat was introduced to make the core program more accessible to anyone struggling with weight loss.

Within three days, 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. After returning home, participants will also receive six follow-up phone calls with a member of the treatment staff.

"Designed as a more affordable and condensed version of our 28-day program, this is an ideal opportunity for people who cannot be away from home and work for an extended period of time," said Dr. Gerard J. Musante, clinical psychologist and founder of Structure House. "Studies show that losing weight and gaining a healthy lifestyle are much easier to do with a partner by your side, so we suggest signing up with a family member or friend."

The first weekend program will be held September 10-13, at the Structure House campus on Pickett Road in Durham. Meals and accommodations are included. For more information or to make a reservation, please call 1-800-553-0052 or email info@structurehouse.com.

About Structure House

[Structure House](#)[®], 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.

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