

Occupational Therapy for Lifestyle Change, Health, and Weight Loss

Meet our OT, Rebecca!

Rebecca graduated with her doctorate degree from UT Chattanooga in 2021. She has 2 years experience working in acute care and has a background in mental health. Rebecca is passionate about occupational therapy because of its holistic client view -- OTs provide support not just for physical needs, but also mental health, emotional, social, and spiritual well-being.



Why Occupational Therapy?

Occupational therapy interventions can facilitate weight loss and enable clients to make healthy changes in daily life, including incorporating productive and social activity as well as informed choices about eating habits and physical activity, to address obesity, thus improving health outcomes and maintaining long-term wellness.

Program Schedule

Week 1: Introduction/Eating for Health and Weight Loss

Week 2: Eating Routines/Forming New Habits

Week 3: Barriers to Change and Coping Strategies

Week 4: Prevention and Management of Chronic Medical Conditions

Week 5: Physical Activity and Exercise

Week 6: Stress Management

Week 7: The Importance of Sleep

Week 8: Life Balance and Time Management

