

For downloadable educational resources, visit below:

- [Physical Activity Guidelines for Americans](#)
- [Some Myths about Nutrition & Physical Activity](#)
- [Prescription Medications to Treat Overweight and Obesity](#)
- [STOP Obesity Alliance – WHY WEIGHT? A Guide to Discussing Obesity & Health with Your Patients](#)
- [Bariatric Surgery: Patient Materials](#)
- [Internet Tracking Tools for the Bariatric Patient](#)
- [Healthy Meal Ideas](#)
- [Healthy Snack Guide](#)
- [American Board of Obesity Medicine \(ABOM\)](#)
- [Rethink Your Drink – Patient Materials](#)
- [Guide for the Management of Obesity in the Primary Care Setting](#)
- [Curated Resources for the Management of Obesity in the Primary Care Setting](#)
- [Weight Bias in Healthcare: A Guide for Healthcare Providers Working with Individuals Affected by Obesity](#)

For a full list of all the educational tools available through Vindico Medical Education, please visit www.VindicoCME.com/educationaltools.