

# STRUCTURE HOUSE

Changing Minds. Changing Lives.

## Structure House Participant Shares Weight Loss Struggle on the “Dr. Phil” Show

*Jenn Little jumpstarts weight loss by dropping 28 pounds in four weeks at Structure House*

**DURHAM, N.C. (January 17, 2011)** — [Structure House](#)<sup>®</sup>, a premier weight management treatment program, was recently featured on the “Dr. Phil” show. Well-known for its unique focus on behavioral therapy and pinpointing triggers that cause unhealthy eating habits, Structure House was selected as the best treatment center for Jenn Little, an overweight teen struggling to lose weight.

Jenn and her father appeared on “Dr. Phil” to share her battle with weight loss. At 18-years-old and 294 pounds, she desperately needed help and her weight created controversy within the family. After trying years of dieting with no success, she agreed to an interview with Dr. Phil to mend the relationship with her father and find a better way to lose the weight. At the end of the show, Dr. Phil surprised Jenn with a month-long stay at Structure House.

Jenn arrived at Structure House in October 2010 and lost 28 pounds in four weeks. She attended classes about healthy eating and cooking, structured eating, exercise and therapy to better understand *why* she overeats and her Relationship with Food<sup>®</sup>. Through this experience, she gained tools she can use at home to keep the weight off.

“Structure House is one of the best things that ever happened to me,” says Jenn after returning home. “There is so much that goes into the program such as your calorie intake, exercise and psychological classes. Now that I’m finally feeling accomplished, I can’t wait for what’s next and to get back to a normal, healthy weight.”

Located in the diet capital of Durham, North Carolina, Structure House has helped thousands of people reach their weight loss goals and transform 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.

You can keep up with Jenn on her blog, found here: <http://www.structurehouse.com/>.

### About Structure House

[Structure House](#)<sup>®</sup>, an internationally recognized residential weight management treatment facility 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. Structure House also offers a specialized Diabetes Program, pre- and post-surgery support, intensive weekend retreats and an online program for weight loss.

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. Structure House is a proud member of CRC Health Group, the nation’s leading provider of behavioral health and addiction treatment services.

Gerard J. Musante, Ph.D., one of the nation’s leading experts on obesity and weight loss, is the founder 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](#).