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"What we weigh is not the most important thing, however, if what we weigh is negatively impacting our physical, mental or spiritual health and enjoyment of life, it is time to consider living The Balanced Weigh."

- Linda Willis, Ed. D.

If you are one of the 69% of Americans who struggles with overweight, another "diet" or product is exactly what you do not need. Dr. Willis developed and instructs the Balanced Weigh Health/Weight Management Program. She has been offering the program in Southern Oregon for the past 19 years and has partnered with over 4000 people who are searching for a reasonable approach toward health through eating and physical activity.

The Gift of Health Why leave this life prematurely through heart disease, cancer, stroke or diabetes? The gift of health for most of us is wrapped in the package of what, how much and why we eat. The rest of the story is whether we choose to enjoy physical activity as the privilege that it is and an essential part of most every day. "Any plan for weight loss and improved health that does not include physical activity is like going for a bike ride without the seat. Don't even consider it!"

- Linda Willis, Ed. D.

"There is no need to reinvent nutrition in order to manage weight."

- Dr. Barbara Rolls, Professor of Nutrition, Penn State University  
The Consequences of Unhealthy Habits

We are digging our graves with our knives, forks and spoons. Our portions are embarrassing with cookies the size of Frisbees, donuts the size of 10" pie plates and bagels that look like they've been on growth hormones. If Improved Health is What You Want, Then Lifestyle is More Important than any Other Single Factor!

"We showed that coronary disease could be reversed without surgery or medication, and that diet was the major confounding factor. "

- William Conner, M.D., Oregon Health Sciences University

"Our research has shown a 40% reduction in cholesterol levels with lifestyle changes alone. "

- Dean Ornish, M.D.

"An astounding 60% to 70% of all cancer cases have been linked to our daily dietary and lifestyle habits. "

- American Institute of Cancer Research

"Diabetes and overweight have reached epidemic levels in the U.S. and these twin epidemics are largely preventable. "

- Center for Disease Control