Unless you stopped checking your email or mailbox, you’ve likely seen all of those words/phrases listed above at least a dozen times (if not more). This past August, the OAC hosted its 2nd Annual Your Weight Matters™ National Convention to continue its momentum of providing evidence-based weight management strategies for individuals concerned about weight and health. We were proud to welcome 370 individuals from all across the country and host an amazing crowd of passionate attendees, eager to learn and take back hands-on tools to help along their journey to better weight and health.

The OAC’s 2013 Convention set out to encourage individuals to Rise to the Challenge – their personal challenge. Regardless of where an individual is in their weight-loss journey, whether they’re just starting their journey or have been on it for quite some time, YWM2013 welcomed one and all with open arms. For some, YWM2013 was a place to recharge batteries, reinvigorate internal drives and take back control of weight and health. For others, YWM2013 was a step – a first step. It was a world – a safe world – where individuals could learn and be free from judgment.

For three full days in Phoenix, our record-breaking crowd from more than 32 states throughout the U.S. learned firsthand through evidence-based information, presented by 37 speakers, why their weight matters to their health, but they also received a lot more.

As the music rose during the kickoff on Friday morning, you could feel the energy. You could feel the excitement. It was time to learn, connect and Rise to the Challenge.

From sessions on food addiction to presentations on weight bias, you could see lives already changing. You could see the “light bulbs” going off – so-to-speak. All around the conference center, attendees’ lives were quickly beginning to change and messages were resonating with all. With each session, attendees were rising to a new understanding of weight, health, nutrition, emotions and more.
In between sessions while in the Exhibit Hall, which welcomed 30 exhibitors, you could hear the chatter:

- “I never realized that about people affected by obesity portrayed in media without heads.”
- “That was a great session. I always saw exercise as more of a task. Now I realize it should just be part of my daily routine.”
- “He was a great speaker. To me, I always measured my success by the number on the scale, but now I see there is much more to success than a number.”

It was happening. People were learning, changing and connecting. YWM2013 changed lives by connecting individuals. One-by-one attendees were connecting with each other. They were identifying with each other’s struggles, plateaus and triumphs. While the education presented at YWM2013 was paramount to anything else out there, people were learning from the most valuable resource – each other.

Regardless of the path taken with weight-loss, the important part is the journey toward better health. Attendees were realizing that they shared so much with each other in this journey and they started to realize, “I am not alone.” During one of the Convention Special Events on Thursday evening, attendees heard from NFL Alumni James Thornton and Corey Louchiey for the “Teaming up to Tackle Obesity” Program. James and Corey talked about their battles with weight and how each of them chose different paths to weight-loss and improved health. Attendees were seeing first-hand that obesity does not discriminate. Obesity does not have any boundaries. It doesn’t care about how much money you have or how smart you are. This is a disease that affects millions without prejudice. But together, with the strength of each other and the knowledge to change, it can be managed. It can be controlled.
YWM2013 represented more than a convention focused on weight and health. YWM2013 was a safe place where the healthy choice was the easy choice. It was a place where we all learned and connected with each other. It was a place where people changed for the better. YWM2013 was a place where 370 individuals rose...to the challenge of life.

The OAC thanks the hundreds of individuals, our guest speakers, exhibitors, volunteers and others that attended YWM2013. We know traveling to an event of this kind takes a lot of planning, saving and preparation. We are very proud to officially announce our plans for 2014, where we will bring this same event that you just read about to Orlando, Fla., September 25 – 28, 2014. There is plenty of time to plan, save and get ready for next year’s OAC Convention – it’s an event that you won’t want to miss!

All YWM2013 attendees received the official Your Weight Matters\textsuperscript{SM} pedometer. Throughout the three-day event, the total steps taken by all attendees were more than 9,250,000!

Visit the OAC's YouTube channel today at www.youtube.com/user/ObesityAction to view the educational sessions that were live streamed from YWM2013, watch the Convention photo montage video and much more!

TAKE A CLOSER LOOK AT YWM2013!
Whether you joined us in Phoenix or want to see all that Convention had to offer, the OAC has made it easy for you to take a closer look at YWM2013.

THE OAC ASKED ATTENDEES, “WHAT WAS YOUR BIGGEST TAKEAWAY FROM YWM2013?”

HERE’S WHAT THEY HAD TO SAY:

“My voice makes a difference.”
– Jennifer Coleman, Louisiana

“When it comes to weight stigma, we can all do something.”
– Rob Portinga, Minnesota

“My journey is important to share. We all are a success no matter where we are on this path to healthy living.”
– Joanne Callahan, Texas

“Stop focusing on numbers as a barometer of success and instead focus on how your health is and what you can do now that you couldn’t do before.”
– Joy Muller, New York

The chatter is still going from YWM2013. Head on over to the YWM2013 Facebook event page at \url{http://on.fb.me/WzcnEL} and catch-up on the conversation.

Visit the OAC’s YouTube channel today at \url{www.youtube.com/user/ObesityAction} to view the educational sessions that were live streamed from YWM2013, watch the Convention photo montage video and much more!
STAY CONNECTED
Want to stay connected and be the first to know about all the details for YWM2014? If you want to receive the latest information on next year’s Convention, please visit www.YWMConvention.com and sign-up for Convention E-news Alerts today!

Why We Do What We Do: A Look back at the 2013 Convention — Part 1
Do you want to read about all the details from YWM2013? Visit the OAC Blog today to view a blog entry from Kristy Kuna, OAC Director of Programs and Membership. Kristy will share with you a first-hand look at all YWM2013 had to offer. Visit www.OACBlog.org today!

SAVE THE DATE
YWM2014

Thank You to the 2013 National Convention Exhibitors

ALLERGAN
AMERIWELL BARIATRICS
ASBP
BARI LIFE BARIATRIC SUPPLEMENTS
BARIATHLETES
BARIATRIC ADVANTAGE
BARIMELTS
BELL PLANTATION
BIPRO USA
BUILDING BLOCKS VITAMINS
CELEBRATE VITAMINS
CHIKE NUTRITION LLC
COVIDIEN
CRC HEALTH/WELLSPIRG

DEVROM – THE PARTHENON COMPANY
EISAI INC.
ENTEROMEDICS INC.
GET YOUR STRONG ON
LIVILIGA
OPTIFAST/NESTLE HEALTH SCIENCE
PERKY JERKY
QUEST NUTRITION
SILVER DREAM
TOPS
TWINLAB – BARIATRIC SUPPORT
VIVUS, INC.
WEIGHT MANAGEMENT DPG
WONDER NATURAL FOODS CORP

Platinum
Allergan, Inc.
ASMBS Foundation
Covidien
Eisai Inc.
Ethicon Endo-Surgery
Vivus, Inc.

Gold
American Society for Metabolic & Bariatric Surgery
Bariatric Advantage
Potomac Currents

Silver
American Society of Bariatric Physicians
Arena Pharmaceuticals
New Life Center for Bariatric Surgery
Orexigen Therapeutics, Inc.

Bronze
New Dimensions Weight Loss Surgery
Nova Nordisk
Rocky Mountain Associated Physicians
St. Vincent Bariatric Center of Excellence
The Wellborn Clinic

Patron
Academy of Nutrition and Dietetics
Advanced Specialty Care
Advanced Surgical Associates
Advanced Weight Loss Surgery
Alaska Bariatric Center
Baptist Metabolic Surgery Center
Baton Behavioral Health Solutions
BMI Surgical & Medical Weight Loss Solutions
Bariatric Support Centers International
Billings Clinic
Centennial Center for the Treatment of Obesity
ConscienHealth
Pam Davis, RN, CBN
Elkhart Clinic
EntreroMedics Inc.
Ephraim Community Hospital Weight Loss Clinic
Erlanger Health System
FifRx
Jim Fivecoat
Gastric Band Institute
Geisinger Health Care System
Health Management Resources®
IU Health Bariatric & Medical Weight Loss
Lindstrom Obesity Advocacy
Marquette General Weight Loss Center
Tracy Martinez, RN
Mercy Bariatric Center Washington, MO
Minimally Invasive Surgery Center
Murfreesboro Surgical Specialists
NYU Langone Weight Management Program
Provasi Bariticts
ResMed’s Wake Up to Sleep Program
Salem Hospital
Lloyd Stegemann, MD
Christopher Still, DO
STOP Obesity Alliance
Scottsdale Healthcare Bariatric Center
Southern Surgical Hospital
Surgical Weight Loss Solutions at Tempe St. Luke’s
Weight Loss Center of Oklahoma
Wellesse Premium Liquid Supplements
WLS Surgical Associates

List as of 09/18/13

Platinum: $100,000 and up
Gold: $50,000 - $99,999
Silver: $10,000 - $49,999
Bronze: $5,000 - $9,999
Patron: $1,000 - $4,999

All of these Web sites are also accessible through the OAC’s main Web site at www.ObesityAction.org.

Whether you have a Twitter account or not, visit Twitter today at www.twitter.com and type “YWM2013” in the search bar. You will see all the tweets that tagged “YWM2013” in them.

Want to see all the photos from Convention? Visit www.flickr.com/photos/obesityactioncoalition/ to check out hundreds of photos from this year’s Convention.

You can still take a look at the OAC’s mobile photos and YWM2013 attendees’ personal photos on Instagram. Visit the OAC’s profile @ObesityAction or search for #YWM2013.
Membership Application

OAC Membership Categories
(select one)
- Individual Membership: $20/year
- Institutional Membership: $500/year
- Chairman’s Council Membership: $1,000+/year

OAC Membership Add-ons
(optional, but only accessible by OAC members)
Add-on 1: Educational Resources
To order bulk copies of OAC resources, members can purchase educational packages. If you’d like to order resources, select one of the below packages.

- Standard Package
  10-50 pieces/quarter $50/year
- Deluxe Package
  51-100 pieces/quarter $100/year
- Premium Package
  101-250 pieces/quarter $150/year

Add-on 2: Make a General Donation
Make a tax-deductible donation to the OAC when joining as a member. Your donation helps the OAC’s educational and advocacy efforts.

- $5
- $10
- $25
- $50
- $100
- Other ______

Membership/Add-on Totals:
Membership Category: $_____
Add-on 1 (if applicable): $_____
Add-on 2 (if applicable): $_____
TOTAL MEMBERSHIP PAYMENT: $_____

Contact Information
Name: ____________________________
Address: __________________________
City: __________________ State: _____ Zip: ____________
Phone: __________ Email: ___________

Payment Information
- Check (payable to the OAC) for $_____
- Credit card for my TOTAL membership fee of $_____
  - Discover®
  - Visa®
  - MasterCard®
  - Amex®

Credit Card Number: ___________________________
Expiration Date: __________ Billing Zip Code: ________

Benefits to Individual Membership
- Official welcome letter and membership card
- Annual subscription to the OAC’s publication, Your Weight Matters Magazine
- Subscriptions to the OAC Members Make a Difference and Obesity Action Alert monthly e-newsletters
- “Bias Buster” Alerts, alerting specifically to issues of weight bias
- Immediate Advocacy Alerts on urgent advocacy issues and access to the OAC’s expert advocacy team
- Ability to lend your voice to the cause

Building a Coalition of those Affected
The OAC is the ONLY non-profit organization whose sole focus is helping those affected by obesity. The OAC is a great place to turn if you are looking for a way to get involved and give back to the cause of obesity.

There are a variety of ways that you can make a difference, but the first-step is to become an OAC Member. The great thing about OAC membership is that you can be as involved as you would like. Simply being a member contributes to the cause of obesity.

Why YOU Should Become an OAC Member
Quite simply, because the voice of those affected needs to be built! The OAC not only provides valuable public education on obesity, but we also conduct a variety of advocacy efforts. With advocacy, our voice must be strong. And, membership is what gives the OAC its strong voice.

OAC
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Tampa, FL 33614
Phone: (813) 873-7838
Fax: (813) 873-7838

Discover®
Visa®
MasterCard®
Amex®

- Official welcome letter and membership card
- Annual subscription to the OAC’s publication, Your Weight Matters Magazine
- Subscriptions to the OAC Members Make a Difference and Obesity Action Alert monthly e-newsletters
- “Bias Buster” Alerts, alerting specifically to issues of weight bias
- Immediate Advocacy Alerts on urgent advocacy issues and access to the OAC’s expert advocacy team
- Ability to lend your voice to the cause