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| The Importance of Weight-Loss Support |

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| **Meta Description** | Why do you need a weight-loss support group? Weight-loss support can help you sustainably lose weight and keep it off in the long term. Learn more from Lap-Band.  |
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| **Keywords** | Weight-loss support, weight loss group, weight loss support groups, best weight loss support groups, online weight loss support groups, obese weight loss support group |
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| **Alt Tags** | Nutritionist and client discussing balanced nutrition plan |
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|  | A picture containing text, person, indoor, kitchen  Description automatically generated |
| **Image Link** | <https://elements.envato.com/nutritionist-and-client-discussing-balanced-nutrit-73Q89VY>  |

One of the least-discussed keys to weight loss is support. Lap-Band® patients find support from a variety of sources, but none are more important than that which they receive from their team. Before discussing how the Lap-Band Program uniquely offers support, you should first know what comprises weight-loss support and what makes it so important for long-term results.

# What is Weight-Loss Support?

Those who are committed to losing weight find support in many places. Some people might find it from a partner or family members, using their encouragement to support lifestyle changes. Others can find weight-loss support groups. These groups are a collection of individuals who share similar goals and struggles. A weight-loss support group can provide support in the form of encouragement and accountability.

Finally, the Lap-Band Program provides patients with support from a staff of medical professionals. [Lap-Band professionals](https://www.lapband.com/find-a-surgeon/) offer support in the ways previously mentioned but can also provide expert knowledge on aspects of weight loss like nutrition and exercise.

# Why Weight-Loss Support is Critical

Now that you know what a weight-loss support group is, you should also know what makes these support systems so crucial for long-term weight loss. Weight-loss support can provide some much-needed tools that promote weight loss.

* Emotional Support – Weight loss can come with ups and downs. This process, like anything in life, can present unique struggles. When these struggles occur, it always helps to have someone close who can provide comfort and reassurance.
* Accountability – You may not receive emotional support and accountability from the same source, but both are equally important. That’s why those trying to lose weight should make sure they have a system of accountability. Weight-loss support can keep you accountable and help you adhere to goals even when you feel like abandoning them.
* Expert Guidance – Weight-loss support groups can provide some expert advice, but the Lap-Band Program excels at it. Lap-Band patients can glean many benefits from their team’s knowledge about the science and methods for effective weight loss. Some of this knowledge may translate to diet changes, moderate [exercise routines](https://www.lapband.com/cardio-vs-weightlifting-whats-better-for-weight-loss/), and mental health referrals.

# Support With the Lap-Band

With the Lap-Band you can receive comprehensive support from a variety of experts. Surgeons, and their teams, have provided support for over one million patients. To find out more about the Lap-Band program, and what you can expect, register for our [free online seminar](https://www.lapband.com/seminar/).