



## WEIGHT MANAGEMENT PROGRAM

Weight management is HARD. No one knows that better than you. How will our 12 week program lead you to success?

### 1. TEAM APPROACH

- Our team of experts collaborate to help you achieve your goals.
- Team members have weekly meetings to review your progress and strategize on methods to improve your results.

Strong evidence shows that combined multidisciplinary intervention is far more effective for weight loss and maintenance than any single approach alone, especially when the behavioral component is addressed.

#### **NURSE PRACTITIONER**

**Liz Moon**

- Examines health history and medication impact on weight management
- Reviews metabolic and nutrient labs and initiates additional evaluation or treatment needed
- Sleep habits assessment and tools to improve sleep quality
- Gut microbiome influence on weight management
- Introduction to mindfulness
- Initial review of habit loops
- Review of weight management medications

#### **REGISTERED DIETITIAN NUTRITIONIST**

**Claire Allen**

- Establish goals for protein, fat, carbohydrate, and overall nutrient needs
- Meal planning that fits with your schedule and preferences
- Work with food sensitivities
- Education on portion control and food label reading
- Understanding hunger cues and practicing mindful eating
- Eating strategies for social events and travel
- Pre- and post- workout nutrition tips
- Nutrition and disease management

#### **BEHAVIORAL COACH AND COUNSELOR**

**Jed Foster**

- Positive psychology
- Mindfulness training
- Stress management and relaxation strategies
- Cognitive behavioral therapy which works to:
  - Challenge and change unhelpful thoughts and behaviors
  - Improve emotional regulation
  - Develop personal coping strategies that target solving current problems
- Helps turn intentions into actions

#### **LICENSED PHYSICAL THERAPIST AND FITNESS CONSULTANT**

**Shayne Welch**

- Functional mobility and stability assessment
- Evaluation of your target heart rate zone and optimal energy utilization
- Develop customized fitness program to incorporate strength and cardio training
  - Gain access to local fitness facilities with free trials and/or discounted prices!
- Facilitate referrals to physical therapists, rheumatologists, or orthopedic surgeons to address more complicated joint and muscle issues

## 2. EMBRACES COMPLEXITY

- We understand that caloric intake (diet) and energy expenditure (exercise) are interdependent variables that are dynamically influenced by each other and body weight.

Calories in = calories out is NOT the full picture for weight management. It is much more complicated and must be treated as such.

- Attempts to lose weight through diet or exercise are fought by physiological adaptations and behaviors that resist weight loss. We fight back on all fronts.
- Our team addresses:
  - ▶ Nutrition
  - ▶ Behavioral modification and mental health
  - ▶ Physical activity and movement
  - ▶ Metabolic abnormalities
  - ▶ Sleep quality
  - ▶ Medication and hormonal influences
  - ▶ Gut microbiome
  - ▶ Weight loss medications and bariatric surgical referrals (if necessary and appropriate)

## 3. SUSTAINABLE

- No restrictive diets.
- No meal replacement or supplements to purchase.
- Real strategies for ongoing success that doesn't end after 12 weeks.

We offer no "quick fixes" or unattainable promises. We aim to provide consistent, steady, and sustainable changes for your health and well-being.

## 4. NOURISHING

- Eat truly nourishing foods that help achieve a fiber intake goal of 25-30 grams per day.
- Limit consumption of liquid calories (soda, juice, alcohol).
- This approach allows greater flexibility and personal preference of intake for sustainable lifestyle modifications.

We help you choose a dietary pattern of healthful nutrient dense foods that you enjoy, rather than focusing on a specific limiting diet.

## 5. INDIVIDUALIZED

- One plan does not fit all.
- Your plan is tailored to your specific lifestyle, routine, eating and activity preferences, as well as your personal health and medical needs.

We aim to empower YOU with the personalized tools YOU need to live a healthy life.

## 6. ACCOUNTABILITY MATTERS

- Attending regularly scheduled visits will make a difference.
  - ▶ If you check in regularly, you will have greater success.
- Our providers will help to advise and strategize, as well as offer motivation, support, and encouragement.
- This accountability helps you follow through with the commitment you made to yourself.

## 7. REALISTIC GOAL SETTING

- Weight-loss goals can mean the difference between success and failure.
- Realistic, well-planned weight-loss goals keep you focused and motivated.
- Unrealistic and overly aggressive weight-loss goals can undermine your efforts and derail your mission.
  - ▶ Goals that are set must be SMART (Specific, Measurable, Attainable, Realistic, Timely).

## 8. MEASURES MEANINGFUL OUTCOMES

- Improve body composition with reductions in body fat % and waist circumference while increasing muscle mass and cardiovascular fitness.
- Improve blood pressure, lipid panel, and blood sugars.
- Increase energy level, mobility, and strength.
- Improve quality of life, mood, self-esteem, and sleep quality.
- Optimize wellness and longevity.

Aim for more than a number on the scale. Achieve a variety of important individual health and wellness goals.