

Comprehensive Weight Management Program Overview

Recognizing the different needs of individuals who are overweight, we have developed tailored programs based upon BMI (Body Mass Index) guidelines that are more structured, focused and comprehensive in approach. These programs provide expand 1:1 coaching for individualization and problem-solving, as well as supportive programs to facilitate compliance in order to achieve long term management of obesity.

Programs are developed for those at various weight/risk levels (based upon BMI). Programs focus on long term lifestyle modification, and include the education, counseling, follow-up and supportive activities designed to achieve long-term weight control.

Features of the Weight Management Programs include:

- Resting Metabolic Rate (RMR) to evaluate baseline calorie needs; information is used to design a customized plan for that individual
- Detailed dietary analysis by Registered Dietitian, based upon food diaries
- 1:1 consultation, education and counseling with Registered Dietitian on frequent basis
- Fitness Performance Test to provide customized and individualized analysis and planning of fitness activities
- 1:1 consultation with Exercise Physiologist, with customized exercise prescription, personal training sessions, ongoing evaluation and coaching
- Participants are required to exercise in the Wellness Center a minimum of 8 times per month
- Supervised exercise sessions in the Center for Heart Disease Prevention for morbidly obese who require additional monitoring
- Monitoring of appropriate lab work (Lipid panel and hemoglobin A1c) for risk factor analysis and follow-up evaluation
- Quarterly FitSmart Lectures
- Wellness Center Membership
- Quarterly progress reports sent to physician

For more information or to start in the Weight Management Program please contact Kathy Carlson at 819-8828 to register for an Orientation session.