

Community Hospital of the Monterey Peninsula Weigh of Life

This Program philosophy & structure is created for your success:

Nutrition and Behaviors

- Learn why Diets don't work for permanent weight loss.
- You will be taught new ways of how to eat for the rest of your life.
- This is a closed and private group that is structured to be supportive and non-competitive
- It provides a starting point for individuals to develop problem solving skills.
- There are no forbidden foods
- Identify individual triggers which can cause unhealthy eating
- Explore body image
- Focus on self-talk statements to use as you set to improve your health.
- Learn how to find internal rewards and not use external ones—like food.

Exercise Strategies

- Progressive and safe supervised exercise for weight loss
- Education on a variety of cardiovascular, resistance and flexibility exercises
- Pre/post assessment demonstrating a variety of ways to measure success
- Clinical monitoring as needed (heart rate, blood pressure, glucose, etc.)
- Evidence-based exercise prescriptions

Prerequisites

- Medical Clearance from your physician (we will assist you through this process)
- 30 minute pre-assessment for the exercise requirement. You will be contacted for your exercise appointment/assessment.