

This program's philosophy and structure are designed for your success.

## **Nutrition and behaviors**

- | Learn why diets don't work for permanent weight loss
- | Learn new ways 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 that can cause unhealthy eating
- | Explore body image
- | Focus on self-talk statements to use as you set out 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-assessments demonstrating a variety of ways to measure success
- | Clinical monitoring as needed (heart rate, blood pressure, glucose, etc.)
- | Evidence-based exercise prescriptions

## **Exercise prerequisites**

- | Medical clearance for exercise from your doctor (we will assist you through this process)
- | 30-minute pre-assessment appointment is required before participating in the group exercise
- | This exercise program is in a group exercise format and is not personal training or rehabilitation. Participants need to be able to do at least low intensity exercise in a group setting
- | If you are under the care of an orthopedist or physical therapist, we will need to obtain clearance from that provider