

Weigh to Health

Behavior Modification ● Weight Management ● Stress Reduction



Join our 12 week comprehensive lecture series for a foundation in weight management. During each session you will be involved with a team of experts to learn key strategies to maximize your weight goals.

12 Week Program

- o Interactive learning sessions with a Registered Dietitian and an Exercise Physiologist
- o Comprehensive physician lectures
- o Weekly support and accountability with Lifestyle Coach
- o Medically integrated weight management program

Assessments to evaluate your progress

- o Baseline blood draw
- o Resting metabolic test
- o 3 personalized sessions with a Certified Exercise Physiologist (including Polar Body)
- o 3 personalized sessions with a Registered Dietitian

Weekly Information packets to help you manage your day to day activities

Success kit

- o Pedometer
- o Theraband
- o Institute for Healthy Living Gym Bag
- o The Calorie King Book- A Restaurant Guide
- o Fit and Healthy Nutrition Log
- o Weekly recipes
- o Institute for Healthy Living Spa Treatment

Course Fees:

Institute for Healthy Living Members
\$400 Individual/\$750 Couple

Non-Institute for Healthy Living Members
\$565 Individual/\$980 Couple

***Course fees may be paid monthly or in full.**

Class Dates: Tuesdays, June 30 - September 15

Class Time: 5:30 p.m. - 6:45 p.m.

Class Location: Institute Education Rooms

Registration Deadline: June 13, 2009

Please register at the Institute for Healthy Living no later than June 13 by contacting the front desk in person or by calling (903)323-6500. For additional information, contact Shanna Konvalin at (903) 315-5280.