



Solutions Weight Management Program For Everyday Living

St. Mary's Weight Loss Program

Program Outline:

- 3 month intensive lifestyle behaviour change program including TRIAD approach with nutrition, exercise and behaviour change components
- includes a private nutrition assessment with a Registered Dietitian (RD) and a private assessment with a Registered Kinesiologist completed prior to first group session
- program resource binder (provided during RD individual assessment)
- hands-on nutrition education facilitated by RD with expertise in health behaviour change and customized physical activity sessions facilitated by kinesiologist
- weekly weigh-ins
- baseline and end-point body composition analysis
- identification of weekly TIPS "Time to Implement a Practical-Solution"
 - facilitator will identify a common barrier to behaviour change each week and participants will practice implementing the proposed solution to that barrier during the week

**Monday and Wednesday Groups facilitated
by both a Registered Dietitian and Registered Kinesiologist**

Fall and Winter sessions available

Program Details

- **Individual Nutrition Assessment**
 - Baseline measurements including percent body fat, waist, arm and leg circumference, and weight
 - Customized meal plan/food list based on energy expenditure assessment
 - Review of nutrition tip sheets/top 10 lists on eating out, social/holiday eating, extras etc.
- **Individual Exercise Assessment**
 - Individual target heart rate
 - Customized home exercise prescription
 - Instruction on proper exercise equipment technique

Group Sessions Include:

- Interpreting and using meal plans effectively
- Label reading and incorporating extras into meal plan
- Grocery Store tour
- Benefits of physical activity
- Target heart rate range and the importance of monitoring your heart rate
- Incorporating resistance training into exercise regime
- Free weight, Exercise ball & Thera-band demonstration
- Behaviour change techniques
- Social cues, Binge-eating, Emotional intelligence
- Identifying negative triggers associated with overeating
- Effective strategies for long-lasting behaviour change
- Managing lapses and avoid relapses
- Incorporating favourite recipes into meal plan

- Effective strategies to use when eating out
- Long-term health implications associated with being overweight facilitated by a medical doctor
- Dealing with social engagements/holiday eating
- Holiday recipes

***Come join our program and reward
yourself with
HEALTHY LIVING!***