

Choose to Lose

"Choose to Lose" is a weight management program incorporating six group sessions and four individual counseling sessions with a registered dietitian. Participants will learn to make healthy food choices using regular foods that will take off those extra pounds and keep them off for good. The program includes:

- Nutrition Assessment
- Healthful Eating Patterns
- Behavior Modification Strategies
- The Calorie Point System
- Nutrient Composition of Foods
- Label Reading
- Recipe Modification
- Physical Activity Guidelines (presented by an exercise physiologist)

The cost of the program for UNMC employees is \$156 (the Center for Healthy Living is covering some of the cost), which includes the six group sessions, four individual sessions and all materials.

2009 Fall Group Sessions start:
November 2nd, on Mondays, 12:00 to 1:00 pm

For more information, dates, times or to register contact Brenda Bishop at 559-3665.

Any comments or suggestions regarding this web page can be emailed to rpruch@unmc.edu