

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 Spring and Summer Choose to Lose Session is forming now:

Learn to effectively control your weight by making healthy food choices using regular foods that will take off those extra pounds and keep them off for good with The Nebraska Medical Center's "Choose to Lose" weight management program. The program includes 4 individual sessions and 6 group sessions.

The Center for Healthy Living is covering some of the cost of the program for UNMC employees. The cost of the program for UNMC employees is \$160.00, which includes the 6 group sessions, 4 individual sessions and all materials.

Spring/Summer Class Sessions

Starting Monday, June 7th 5:00 to 6:00 pm through August 2nd

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

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