



Individual Lifestyle Weight Management Program



What is it?

A program offering practical tools that make it possible for individuals to change their nutrition and exercise habits for weight management. Each participant will undergo an assessment to create a personalized plan aimed at altering their current lifestyle habits. Participants will focus on implementing their plan to overcome unhealthy thought patterns, improve nutrition, and enhance exercise patterns.

Individual Lifestyle Weight Management program (6, 8, and 12 weeks) includes:

- Nutrition Coaching sessions with a Registered Dietitian
- Resting Metabolic Rate Testing (12 week only package)
- Individual structured exercise program

For more information

785-623-5900

