

The Weigh to Health Program

Weigh to Health has good news for 2018!

*Join the newly revised
Weigh to
Health® Program*

- 22 sessions over 12 months
- Availability at multiple locations*
**must complete registration first*
- Goals
 - 7% weight loss
 - 150 minutes of moderate physical activity per week
 - prevent Type 2 diabetes
 - improve health
- No cost for Select Health Members**
***must meet eligibility requirements and complete program*

Weigh to Health is now an accredited Diabetes Prevention Program aimed at helping individuals lose weight and make changes last a lifetime!

The Weigh to Health® Program includes:

- 18 group sessions
- 4 individual sessions
- Access to social media

Group Sessions:

90-minute evening sessions offered at Intermountain Medical Center and Riverton Hospital

Individual Sessions:

60-minute, daytime, individual sessions with a registered dietitian to personalize goals and track progress

Session Topics Include:

- Principles of Healthy Eating
- Menu Planning
- Intuitive Eating
- Eating Out & Special Occasions
- Metabolism
- Body Image
- Experience Exercise
- Emotional Eating
- Stress Management
- Healthy Cooking Demonstration
- Grocery Store Tour

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If you have **Questions** or would like to get started
Weigh to Health® please
visit our website:

<https://intermountainhealthcare.org/nutrition>