

# ARE YOU READY TO LOSE WEIGHT?

Are you ready to make a commitment to healthy, moderate eating habits and regular physical activity?

Are you willing to take the weight off slowly?

Are you trying to be a slimmer version of yourself?

Are you willing to evaluate your attitudes about food, exercise and weight?

Do you have a network of family and friends that will support your efforts to make lifestyle changes?

Will your current circumstances allow you to make behavior change a high priority in your life?

Are you willing to be accountable for your food and exercise choices?

Are you ready to target a goal weight that is realistic and healthy for you?

---

If you answered yes to all of the questions above, you are ready to make a commitment to losing weight, and the LIFESTEPS program may be just what you are looking for.

Here is what participants in the Glenwood Medical Associates LIFESTEPS program have said:

*“I knew what I needed to do. I just needed a push to get me going and this program has worked really well for me.”*

*“I love it. I really feel like I can do this forever.”*

*“I learned so much, and the group support was wonderful. No competition to see who could lose the most or to lose it really fast. I am very happy with the results and I feel very good.”*

*“I loved it. Although he is not enrolled in the program, my husband is doing it with me and we are losing together, and it’s easy. It’s even kind of fun.”*

*“It was a great program. I am very pleased and I will keep doing what I learned in the program.”*

## *LIFESTEPS®* – A personal plan for healthful living.

Your body weight is determined by what you eat, how much you eat, how often you eat, how you eat, as well as your personal metabolism and level of physical activity. Learning to identify the behaviors in your life which most affect your weight and developing a plan to bring those lifestyle behaviors into balance is the purpose of LIFESTEPS®.

**LIFESTEPS® is for people who are ready to change their behaviors, so they can lose weight, keep it off, and enjoy a healthier life.**

LIFESTEPS® is a comprehensive weight management program that stresses the importance of diet, physical activity, and behavior modification techniques for weight loss and healthy weight maintenance. LIFESTEPS® is based on the most up to date scientific research in nutrition, fitness, and behavioral and cognitive treatment strategies. It is conducted exclusively by a trained health professional certified in Adult Weight Management. Participants in the LIFESTEPS® program will learn how to lose weight safely at the rate of about ½ to 2 pounds per week and strategies for maintaining weight loss long-term.

As a participant in the LIFESTEPS program you will:

- Learn how to manage your food choices by looking at what you eat, how much and when you eat, and why you eat.
- Learn the role of metabolism and physical activity in burning calories.
- Examine your current lifestyle and identify steps you need to take to lose weight.
- Apply information you learn in the program to develop a realistic eating style that includes both the foods you like and the foods you need for good health.
- Develop the skills you need to manage your weight for the rest of your life.

In order to participate in the LIFESTEPS program, you must be able and willing to:

- Keep a complete record of everything you eat and drink each day, and the physical activity you do.
- Become more physically active with the goal of doing 30 minutes of exercise you enjoy on most or all days.
- Attend one session each week for the length of the program (12 class sessions plus pre-program private medical assessment interview).
- Devote time on your own to practicing new behaviors.

### PROGRAM INFORMATION:

Contact: Jeanne Luetke, MS, RD  
Certified by the American Dietetic Association in Adult Weight Loss Management  
Certified *LIFESTEPS®* Leader  
Phone: 970-309-0784

Cost: \$275 – Paid at time of individual private interview (medical review) at Glenwood Medical Associates prior to start of program.