Livingston County Health Center opens "Weight Loss" registration
News
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Open registration begins this week for Livingston County Health Center s 10 week Weight Loss & Wellness program for adults who would like to get educated about improving their level of health and lose a few pounds along the way.
The Weight Loss & Wellness program focuses on two of the more important aspects of a healthy lifestyle: nutrition and activity. It s not a diet but rather a comprehensive program that emphasizes a healthy lifestyle approach to weight management by integrating fitness, nutrition and the behavioral aspects of eating. Through this program, participants will experience an enhancement of their quality of life.

Each participant completes a Health Survey, Wellness Screening and receives an individual consultation, after which, educational support will be offered for a ten week session, beginning August 15th.

The Wellness Screening component of the program includes a heart health screen including measurement of blood pressure, cholesterol, lipids and glucose and body mass index to determine risk for heart disease. Participants meet individually with a health center RN to review screening results and set individual goals for improvement. Each week, participants weigh in and educational classes are held every other week.

The goal for the participants completing the program is to lose 2% of their body weight by the end of the program and/or have established a regular activity/exercise routine of three times a week for at least 30 minutes a day. The program will continue to follow up on participants, offering a subsequent wellness screening and evaluation of continued progress after the program ends.

Basic blood work is done before beginning the program. If you would like to receive a complete panel, attend the July 25th Adult Blood Draw Clinic at the health center, from 7 a.m. to 10 a.m. If you ve had blood work done in the last 6 months, simply bring a copy of those results to put on file. Those interested in being a part of the August session of Weight Loss & Wellness should call 646-5506 to set up an appointment with Program Coordinator Anita Perry, RN or come by the health center office at 800 Adam Drive to register.

Registration is limited, so don t wait if you think this is something you should to try to get your wellness habits back on track! If you decide later you want to take part, don t hesitate to call and visit with Anita about joining.

Please check with your doctor before significantly changing your diet or starting a new exercise regimen.