

Weight Masters, also known as Living In Balance (LIB), is a 13-week weight loss and lifestyle enhancement program. The winter session will begin the week of January 7, 2008. The program is a combination of weekly group meetings and a private nutrition consultation. Classes schedule as follows:

NATICK	Monday, 11:00-12:15 p.m. OR Monday, 7:00-8:15 p.m.
WAYLAND (Meetings are held at Lumina)	Tuesday, 7:00-8:15 p.m. OR Thursday, 10:00-11:15 a.m.

Non-members using the club for the first time will be eligible to participate in our Health Start program, including 3 individual coaching sessions with fitness professional. Health Start is designed to assist new members to become comfortable using the Keiser equipment and cardiovascular machines.

I meet with every individual privately any time beginning in December (or earlier if you are eager to get started and if we can find a mutually convenient time). It is during this crucial session that your individual eating plan is established. The strategy is based on your goals, your current eating habits *and any special medical conditions*. **The Weight Masters eating program is not a diet but it is a specific plan with structure and boundaries to help you to achieve your weight loss goal and to maintain the changes.** Special arrangements can be made for anyone who feels they need more individual attention. Most of the time the weekly group meetings are enough additional support.

The weekly sessions are comprehensive. The following is a brief summary of some of the information covered:

Nutrition Education:

- An explanation of how to achieve blood sugar and hormone balance & why this is essential for weight loss, lasting energy and for health.
- A review of healthy and unhealthy fats, cholesterol, protein & carbohydrates
- Understanding how nutrients work in the body and the scientific reasons behind this
- Behavior modification strategies for trigger foods; vulnerable times of the day & social situations are discussed regularly.
- Specific strategies for changing cravings and decreasing the struggle of weight loss.

Exercise Education:

- Cardiovascular & weight training
- Injuries
- Flexibility exercises
- The length of exercise sessions is reviewed, with an emphasis on the importance of consistency
- Development of a weekly routine that includes some longer and some shorter sessions.

Time Management & Goal Setting:

- Setting goals for the season
- Strategies to focus on these goals within the constraints of a busy lifestyle
- The challenges of making difficult decisions about time
- A realistic plan to attend to basic needs and to feel less overwhelmed
- Recognizing small places that valuable time could be lost

Positive affirmations and reframing techniques

- Visualizing and believing that long-term change is possible
- Creating rebounding skills during times of regretful eating & frustration
- Bridging the gap between knowledge and behavior
- Developing a consistent, positive attitude
- Using a positive attitude to constructively embrace challenging emotions and stressful situations
- Examining patience and the commitment to long-term lifestyle changes

BCBS, TUFTS, HPHC, Medicare and UHC members are most likely eligible for some insurance coverage if you have an existing medical condition that is covered under your plan. In most cases, weight loss is considered a medical necessity. NOTE: Most of these health insurance plans contribute to a cost reduction ranging from 100.00-300.00. PLEASE TALK TO JANE to determine your cost.

Couples without health insurance coverage or seniors over 80 years old without health insurance coverage will RECEIVE A 20% DISCOUNT. The payment policy is to collect full payment at the time of the private nutrition appointment or at the first group meeting, whichever occurs first.

Please call or e-mail me with any questions or to schedule your private appointment so you can get jump-started now. Living In Balance/Weight Masters has helped over 3100 people to lose weight, to change their relationship with food and to feel better. ***Group success from Sept. 2007-Dec. 2007 includes 247 pounds lost.*** Over 4812 pounds have been lost since January 2003. I look forward to coaching you to reach your goals too.

Sincerely,

Jane Polley MS, RD, LDN