



# Pathways To *smart*care

*Make Smart Choices!*

## New Year *new you!*

### **12 Week SmartCare© Program**

This 12-week weight loss program is designed to kick off in October and run right up to the New Year. It combines nutrition education, stress management and fitness with the goal of weight loss in mind.

### **Pathways to Fitness Exercise Program**

A team of exercise physiologists delivers an on-site fitness assessment to give each participant a starting point. Participants will be prescribed a fitness routine to follow for the next 12 weeks. Our fitness leader will make weekly visits to train the group, troubleshoot challenges change fitness prescriptions as needed. Participants will be asked to review with their doctor and sign a Par Q (See attached) to ensure they are prepared to participate.

### **Exercise Program Outline**

#### **Week One: Program Kickoff Fitness Assessment**

- Cardiovascular Fitness- A 3-min step test will be performed to evaluate Cardiovascular fitness level
- Strength test- A grip strength test will be performed to give you an evaluation of overall strength
- Flexibility Test- A sit and reach test will be performed to give you an evaluation of overall flexibility
- Body Fat Measurements - Provides another indication of overall fitness level
- Blood Pressure - a Measurement of Cardiovascular health

#### **Week Two:**

Group training and one-on-one prescription changes if needed

the mid-way point: Cardiovascular, Strength and Flexibility.

#### **Weeks Three through Five:**

Weekly group training and motivation

#### **Week Seven through Week Eleven:**

Weekly group training and motivation

#### **Week Six: How Far Have you Come?**

Assessments: Our Exercise Physiologist will come back on site to screen the three areas of Fitness at

#### **Week Twelve: Final Fitness Assessment!**

*Results:* The results of the initial, mid-way and final screenings will be collated and an aggregate results report provided.



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## Eat for Vitality Nutrition Program

Our nutritionist delivers weekly on-site interactive nutrition education sessions.

### **Week One: Eat Real Food**

Food is one of our greatest joys. This session will introduce participants to the concepts of eating real, whole foods for vitality and health.

### **Week Two: Limit Sugar**

Participants will learn the two main reasons we are addicted to sugar! What is sugar doing to our bodies and how sugar it affects our long-term health.

### **Week Three: Avoid Fake Food**

Our food is full of chemicals that can affect our moods, weight and ability to age well. Participants will learn to recognize dangerous chemicals and better alternatives.

### **Week Four: Make a Plan**

Number one excuse for not eating well: "I don't have time!" Participants will develop a food plan and begin to set meal and snacking goals.

### **Week Five: It Was Only a Pint of Ice Cream: The Emotional Side of Eating**

Participants will be given tools to identify emotional eating and tactics to avoid the most common pitfalls. Snacking is an American pastime and we will look at the most healthful way to snack.

### **Week Six: Isn't Pizza a Health Food? Carb Lovers Class**

This week we'll look at all those wonderful carbs we've come to over-consume in this country.

### **Week Seven: Perfecting Proteins and Figuring out Fats**

What does protein do and how much do we need? We'll discuss the most healthful forms of proteins and learn that fats can actually be very good for you!

### **Week Eight: Fruits and Vegetables and Their Incredible Healing Powers – Top 20 Superfoods**

The amazing plant-based chemicals that were discussed in week one will be further explored

### **Week Nine: Eating for Energy**

Why do I want to fall asleep every day at 3:00? Learn how foods are processed into energy, how to have more energy and how to eat for energy.

### **Week Ten: Can't I Just Take a Vitamin?**

All this healthful eating may just be too tough...can't I just take some vitamins?

### **Week Eleven: I'm Stressed Out**

Stress is a major player in our health. And yes, it can wreak havoc with your diet and nutritional goals. Participants will learn to identify the bears that chase them and how to reduce daily stresses.

### **Week Twelve: The Sweet Reward**

You've made it! And you deserve a treat. This last class will involve summarizing the sessions as well as a discussion about desserts.