

# A New Start for a New You!

## A New Way to Manage Your Weight

It's tough to lose weight—and just as difficult to keep it off. The statistics tell us that nine in 10 people regain lost weight, but that means 10 percent successfully keep it off. We know that weight loss is not the easiest task in the world. That's why Northside Hospital's New Start, Weight Smart Program has brought together a team of experts to help you simplify the process and win the battle of weight loss. The 12-week program will teach you how losing weight will reduce your risk for disease, how increasing your activity can affect your weight-loss efforts and about behaviors that lead to weight-loss success.

This program will show you how to eat fewer calories—and make your calories count. Adding exercise will improve your health even before the numbers on the scale begin to change.

### Nutrition Basics: Getting Started

- Consistent meal patterns with snacks
- Portion control of starches, proteins, fats
- Importance of fiber and water
- Show “plate method” for balancing food groups
- Explain “hunger/fullness” scale and role in weight loss
- Demonstrate record keeping for eating/exercise patterns

### Grocery Store Tour

- Review “pre-shopping” prep (plan meals/snacks, make list, cut coupons)
- Demonstrate order of navigation (perimeter of store first, aisles last)
- Point out marketing ploys on packaging labels
- Review nutrition facts label and ingredients list

### Meal Planning and Recipes

- Review importance of planning to avoid pitfalls
- Review meal-planning strategies
- Demonstrate a sample week of meal planning (rotating protein, starch, veggie)

### Eating Out

- Educate on clues for high-calorie foods
- Educate on strategies to reduce calories
- Process hunger/fullness levels before and after eating

### Take Control of Your Weight!

For more information about Northside Hospital's weight management program, New Start, Weight Smart, please call (404) 851-6023 or go to our website, [www.northside.com](http://www.northside.com).

