



## Core4 Adult Weight Management Program To Start Your New Year Right

Whether it's changing your eating habits, understanding your metabolism or tracking your progress, Core4 is the multifaceted program that will enable you to control your weight for good.

Effective weight management isn't just about losing pounds, it's about gaining a healthier more rewarding lifestyle.

During this 12-week program, our Registered Dietitian Nutritionist (RDN) will focus on:

- ✓ boosting your overall health
- ✓ improving your eating habits backed by scientific methods and tools
- ✓ implementing lifestyle and activity choices for the long term



## This program consists of 12 one-hour weekly in-person sessions.



Participant will submit an agreement form completed by Primary Care Provider



Upon registration, the program starts with a 1:1 session with a Registered Dietitian Nutritionist to identify your individual needs, create a custom plan and set goals.



Following the individual session, there are 11 group educational sessions that meet once per week for one hour.

Every step of the way, we'll be there to guide and encourage you. So come join us – and invite a buddy!

# Group Supported Approach to Deliver Outcomes

## 12 Week Core4 Program

1. Individual Appointment with RDN
2. Getting Started
3. Taking Control – Behavior Modification
4. MyPlate, Portion Sizes and Food Label Reading
5. Meal Planning and Dining Out
6. The Power of Exercise
7. Choosing Wisely: Fat, Cholesterol and Triglycerides
8. Choosing Wisely: Carbohydrates and Fiber
9. Choosing Wisely: Protein, Stress, Sleep and Hydration
10. Choosing Wisely: Vitamins and Minerals
11. Grocery Store Tour
12. Moving on



Core4 is designed to improve your knowledge and successfully manage your weight by making long-term lifestyle changes. This is done by focusing on four areas:

### Eating:

Reset your relationship with food and learn how to listen to your body to overcome overeating through weekly assignments and discussions.

### Energy:

Achieve appropriate calorie consumption to promote weight loss through customized meal plans and macronutrients awareness.

### Exercise:

Learn about the benefits of physical activity and the importance of fitness in managing your weight.

### Education:

Understand calorie consumption, macro and micro-nutrients, appropriate food portions and food preparation.

Registered Dietitians facilitate the group using evidence-based guidelines to help you be mindful of nourishing choices, preparation, your long-term relationship with food to break old thoughts about dieting.

## Important Program Information



**Registration Deadline: February 7**  
**Program Start Date: February 17**  
**Weekly Class Time: 5:30-6:30 PM**



**Program Price: \$950\***  
**NCH Employee Price: \$750\***  
**\*Full Amount Due At Registration**



**NCH North Naples Hospital**  
**Baker Tower Conference Room**  
**11190 Health Park Blvd**  
**Naples, FL 34110**

**Contact for registration and questions:**

**NCH Von Arx Diabetes and Nutrition Center**  
**Tel: 239-624-2749**