

Personal Weight Coach

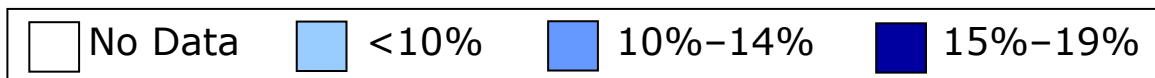
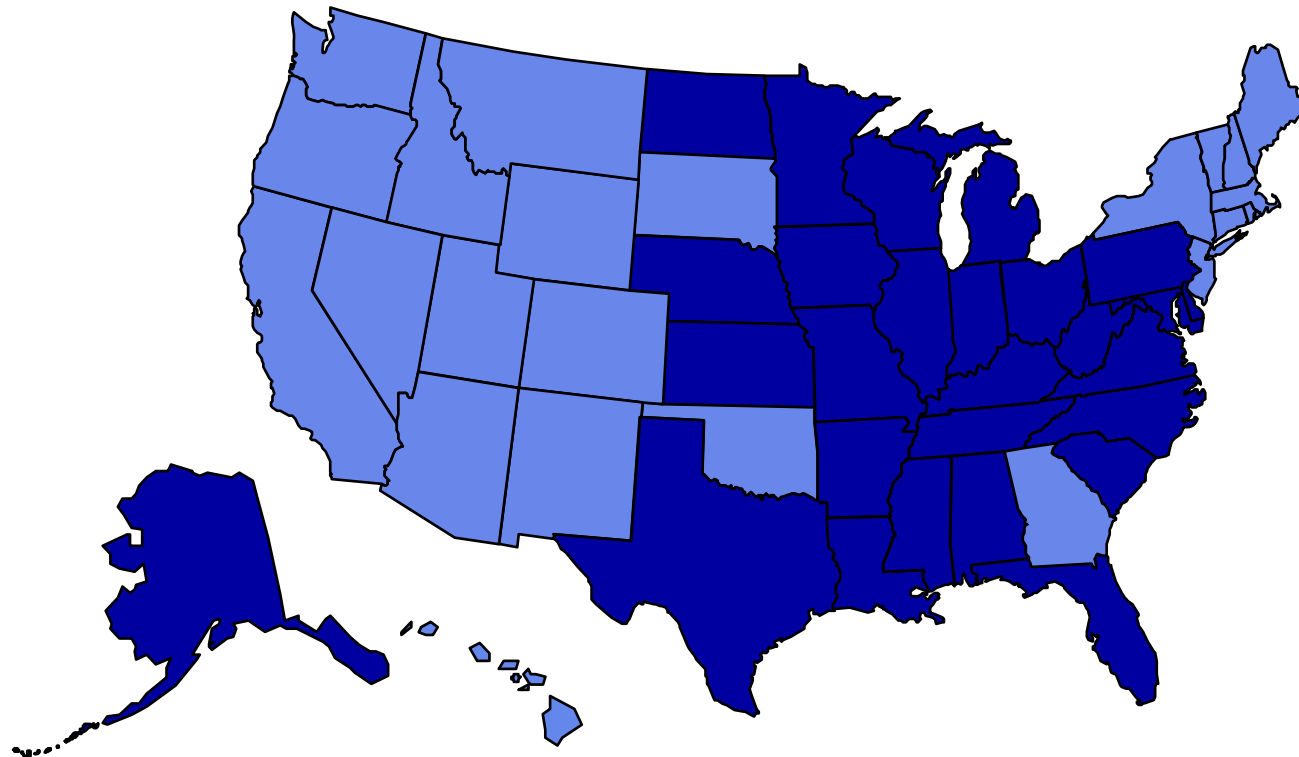
Overview of Program

Obesity Information

- During the past 20 years there has been a dramatic increase in obesity in the United States
- The following slides demonstrate the growing obesity rate among U.S. adults from 1985 through 2007

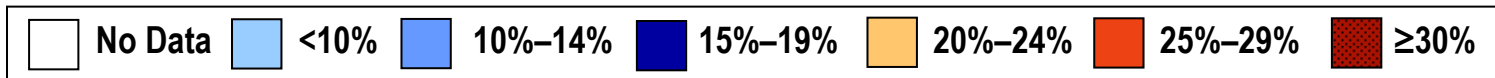
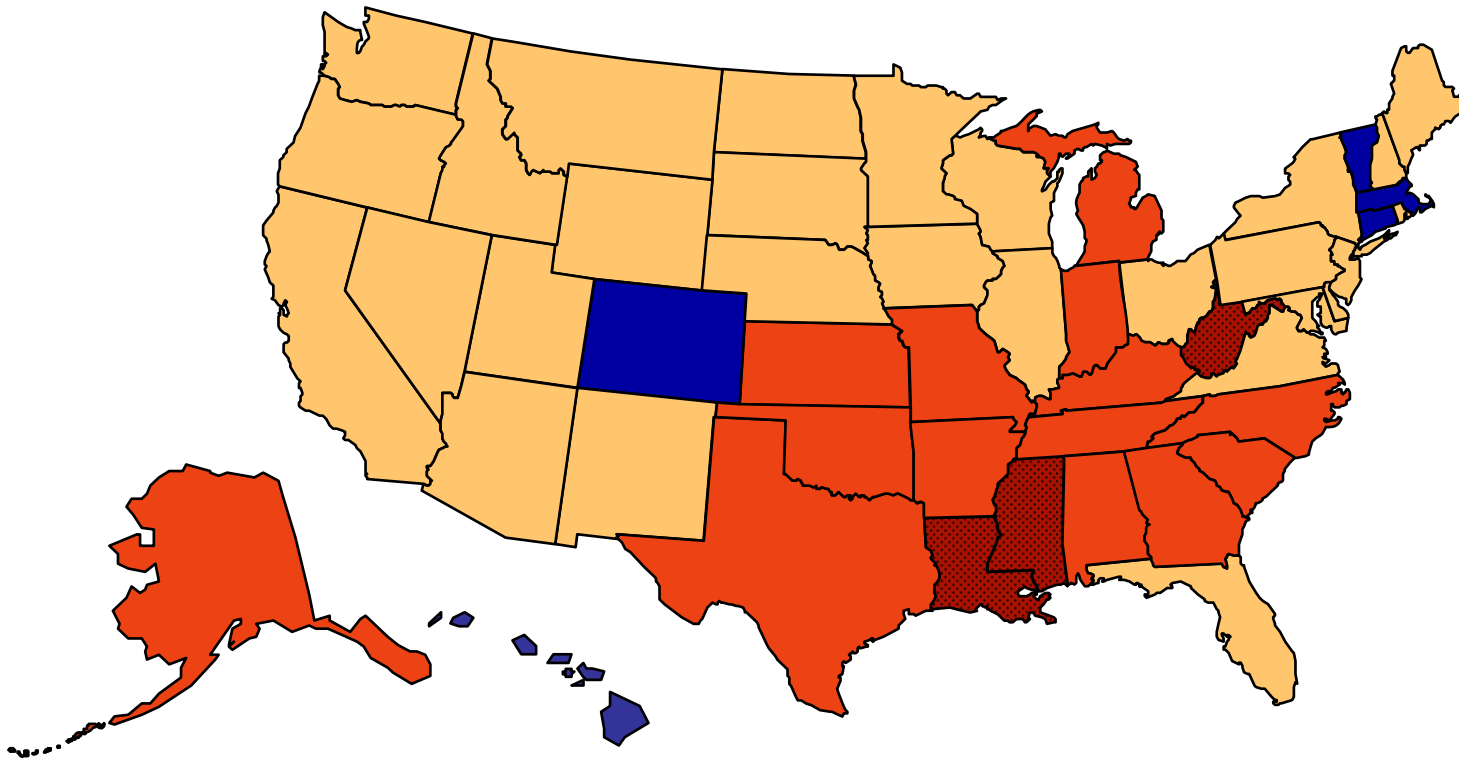
Obesity Trends* Among U.S. Adults BRFSS, 1995

(*BMI >30, or ~ 30 lbs overweight for 5' 4" person)



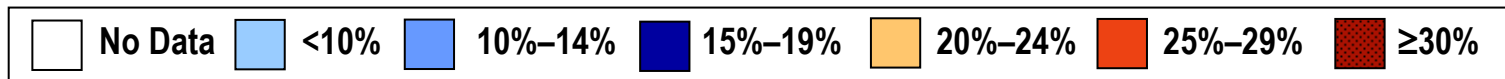
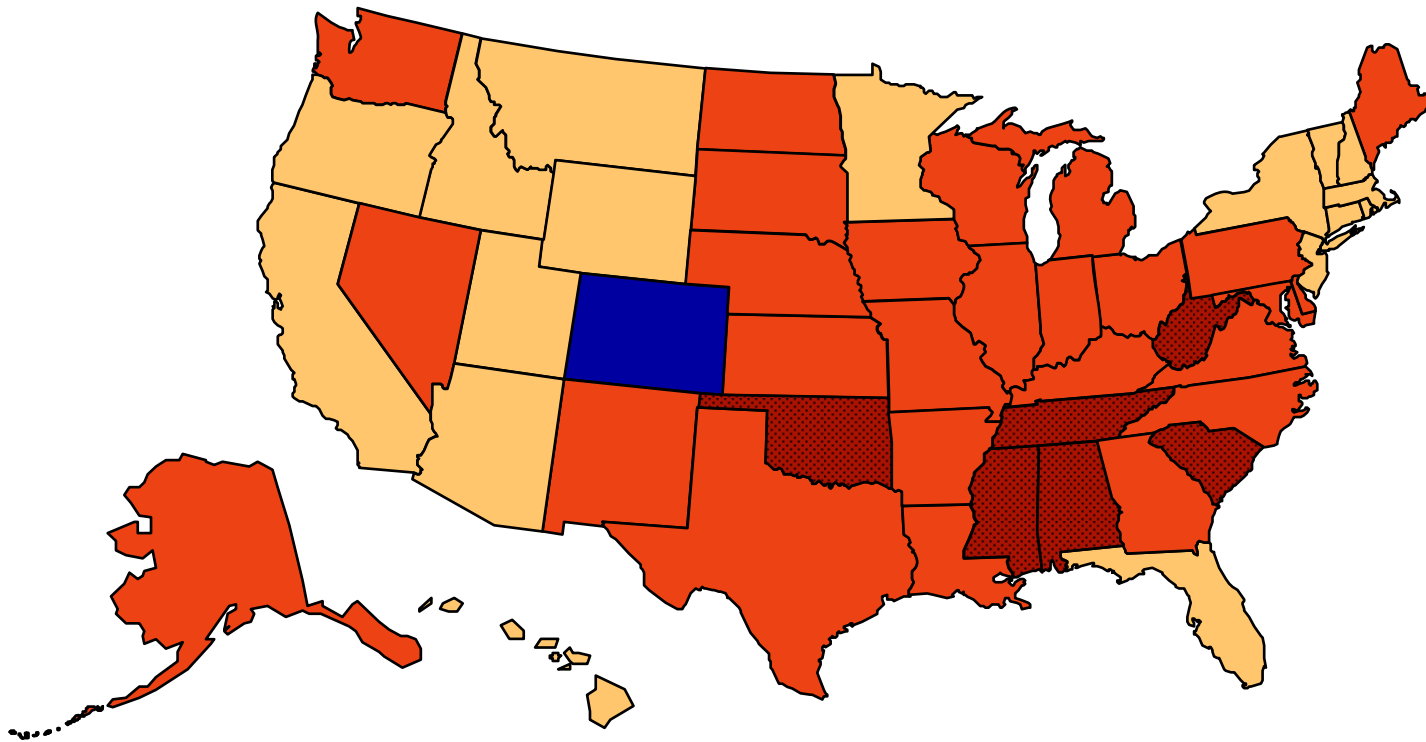
Obesity* Trends Among U.S. Adults BRFSS, 2005

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Obesity* Trends Among U.S. Adults BRFSS, 2008

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Welcome to

**Inova HealthSource
Personal Weight Coach**

Philosophy

- Personal Weight Coach is not a diet, it is a long-term approach to weight management
- The goal of this program is to start making small, gradual changes in your life
- You will incorporate these healthier ways of living into your everyday life

Health Risks of Obesity

- Premature death
- Heart disease
- Diabetes
- Cancer
- Breathing problems
- Arthritis
- Reproductive complications

For more detailed information, see
<http://www.surgeongeneral.gov/topics/obesity>

Moderate Weight Loss

- Losing five percent of your body weight can decrease your blood pressure enough to decrease or even stop the use of blood pressure medicine
- Sleep apnea may be avoided by moderate weight loss
- Arthritis and other joint issues may decrease

Who is Eligible?

- You must be at least 18 years of age.
- Certain medical conditions may require a physician release. Those conditions are determined on a case-by-case basis.

How the Program Works

With the support of your
Coach, you will set
personalized & flexible goals

~

Your Coach will take your
goals and break them into
gradual, specific weekly goals

~

You Work Your Weekly Goals!



Examples of Goals

- Eat 3 vegetables a day
- Eat 2 pieces of fruit a day
- Exercise 30 minutes a day
- Get to bed by 10 p.m.
- Drink one or less carbonated drinks a day
- Healthy snacks between meals
- Re-direct negative self-talk

Goal Progression

- Help you reach your goal within a set time period by making small changes every week
 - For example, your goal may be to eat 2 fruits a day, five days a week
 - By making small changes each week, you will easily accomplish that goal by the end of the time period (6 weeks for Personal Weight Coach)



Goal Progression Example

Week	Weekly Goal	Check Off the Day You Met Your Goal	I Met My Weekly Goal!!
		Su M T W Th F Sa	
1	1 fruit, 5 days this week		
2	1 fruit, 4 days this week 2 fruits, 1 days this week		
3	1 fruit, 3 days this week 2 fruits, 2 days this week		
4	1 fruit, 2 days this week 2 fruits, 3 days this week		
5	1 fruit, 1 days this week 2 fruits, 4 days this week		
6	2 fruits, 5 days this week		

Who is Your Coach?

- Specially trained professionals that will:
 - work with you to determine your goals
 - assist you in reaching your goals
 - be a positive supportive voice for you, as you make healthy lifestyle choices
- Weekly contact from your Coach
 - to answer questions
 - provide suggestions
 - support you in accomplishing your goals

Experience

Your Coaches may have any of the following backgrounds:

- Dietitian
- Exercise physiologist
- Health educator
- Nurse



Cost

\$200.00

for the 12 week program

*That is only \$16.67 a week
for a personalized program
supported by a Personal Coach*

When Can I Start?

- You can start at any time with Personal Weight Coach
 - due to limitations on the Inova Health System website it will appear that you can only start on the last day of the month ~ that is **INCORRECT**
- You will be able to start working your Express to Success Goals within days of registering

First Steps

- You register and pay for the program
- Within one business day, you will receive an email welcoming you to the program and asking you to finalize your registration and answer our Express to Success questions
- Once you submit that, you will receive another email with the information to access the website as well as who your coach will be
- Your coach will contact you soon after that

Join Us!

- Ready to get started with Inova HealthSource Personal Weight Coach
- [Register online](#)
 - *or*
- Call Teleservices: 703-750-8800