

City of Kawartha Lakes

Family Health Team



Healthy You!

www.cklfamilyhealthteam.com

705.328.9853

Healthy You!

The Healthy You! program is a group weight management approach that focuses on lifestyle changes to help you reach and maintain a healthier body weight.

The program is run by a Registered Dietitian and family health nurse and is based on successful past programs.

You will learn how nutrition, physical activity, self-esteem, the environment and your behaviours affect your weight, health and general well-being. You will learn how to use this information in your day-to-day life.

The goal of Healthy You! is to help you make permanent lifestyle changes. This program does not focus on dieting.

You can expect a practical approach to help you reach a healthy weight that is natural for you and to work with other members of the group and learn from each others' experiences.

Healthy You! consists of 6 weekly group sessions lasting 90 minutes and each session includes a walk at the end of the session.

After the program is completed, participants can attend follow up sessions with the family health team's Registered Dietitian.

Your doctor or nurse practitioner will need to complete a medical clearance form stating that you are able to do light exercise prior to the program.

Ask your family doctor or nurse practitioner if the Healthy You! program may be right for you...

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