



Your health. Your partner.SM

A Call to Change ... Healthy Lifestyles, Healthy Weight[®]

Embark on a new journey to look and feel your best! Choose the road to better health by making healthy lifestyle choices. With hard work, persistence, dedication and a positive attitude, you can go anywhere and achieve anything you set your mind to. Whether you've tried to lose weight in the past or this is your first attempt, you probably know that losing or maintaining weight requires time, effort and patience. Design a personal action plan to manage your weight successfully with the help of this innovative course.

Course tools include:

- ◆ A weight management workbook
- ◆ A pedometer to help track your steps
- ◆ A food and activity log to help you make healthy lifestyle changes
- ◆ A weight by week chart to review your progress
- ◆ Personal support from phone counselors to guide your journey

Here's how it works:

- ◆ You'll talk one-to-one with two counselors — a registered dietitian and an exercise specialist — during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll receive your workbook by mail and will complete the activities on your own time. The workbook provides the tools and personal guidance you need to get started with healthy eating and activity choices — key elements for successful weight management.

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Roles and responsibilities

As a participant you will be asked to:

- ◆ Read the material and complete the activities prior to your scheduled phone appointment.
- ◆ Complete the food and activity log and wear your pedometer to track your daily steps.
- ◆ Use your Personal Action Plan to track your short-term goals and action steps.
- ◆ Practice your new skills and behaviors.

Your phone counselor will:

- ◆ Share expertise about nutrition, exercise, stress management and behavior change.
- ◆ Call you for each 15-minute phone session.
- ◆ Assist you in setting realistic, health behavior-change goals.
- ◆ Encourage and support you.

Keys to a successful weight management journey

- ◆ Self-monitor your eating, activity and weight.
- ◆ Be active.
- ◆ Follow a low-fat, lower-calorie meal plan.
- ◆ Develop a positive coping style.
- ◆ Manage your stress.
- ◆ Create a support network.
- ◆ Reward your success.

For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.