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**Livingston County
Health Center**

Health Center Wellness Program Offered to Public

Livingston County Health Center to offer the “It’s A New Day!” Wellness Program

July 20, 2009: Open registration is coming up August 1st through 15th for Livingston County Health Center’s 10 week “It’s a New Day!” wellness program for adults who would like to get educated about improving their level of health and lose a few pounds along the way.

The program focuses on two of the more important aspects of a healthy lifestyle: nutrition and activity. It’s not a “diet” but rather a comprehensive program that emphasizes a healthy lifestyle approach to weight management by integrating fitness, nutrition and the behavioral aspects of eating. Through this program, participants will experience an enhancement of their quality of life.

Each participant completes a Health Survey, Wellness Screening and attends an individual consultation, after which, educational/support will be offered for the next ten weeks.

The Wellness Screening component of the program includes a heart health screen including measurement of blood pressure, cholesterol, lipids and glucose and body mass index to determine risk for heart disease. Participants meet individually with a health center RN to review screening results and set individual goals for improvement. Each week, participants weigh in and educational classes are held every other week.

The goal for the participants completing the program is to lose 2% of their body weight by the end of the program and/or have established a regular activity/exercise routine of three times a week for at least 30 minutes a day. The program will continue to follow up on participants, offering a subsequent wellness screening and evaluation of continued progress after the program ends.

There is a minimal \$13 charge to cover blood testing. Those who attend the health center’s Adult Wellness Clinic on July 30th can bring their blood test results and the fee to participate will be waived. If you are interested in being a part of this session of “It’s A New Day!”, and are serious about completing the full 10 weeks, call 646-5506 to set up your

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appointment with Program Coordinator Anita Perry, RN or come by the health center office at 800 Adam Drive to register. Registration is limited, so don't wait if you think this is something you want to try to get your wellness habits back on track!

Please check with your doctor before significantly changing your diet or starting a new exercise regime.

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