

# Getting Started

*with weight loss*



**Your guide to weight management**

  
**Hackley**  
*HealthyLife*

Comprehensive weight and  
lifestyle management for healthy  
living and lifetime success.

# Introduction

*We understand that losing weight is difficult and that maintaining the weight loss can seem almost impossible. We recognize the special needs of each individual, understanding that strong motivation and long-term commitment are crucial to modifying eating behaviors. Altering lifetime habits requires education, emotional support, money, and time.*

*This handbook is a simple guide for individuals that are interested in weight loss and are looking for helpful hints to get started on their own.*

***Hackley Healthy Life has many options for patients that just can't lose weight on their own. Hackley Healthy Life is a comprehensive weight management program that includes Hackley Health Management, New Life Bariatric Center, and Diabetes Education. These programs work in conjunction with board-certified physicians, psychological services, a registered dietitian, and an exercise physiologist.***

***Please see the resource page to see the many different options available or call us directly at 1.866.556.0029.***

# Weight Management

## Being overweight may lead to serious medical conditions!

Examples of conditions caused by being overweight:

- High Blood Pressure
- Coronary Heart Disease
- High Blood Cholesterol
- Congestive Heart Failure
- Psychological Disorders
- Type 2 Diabetes
- Stroke
- Some Types of Cancer
- Obstructive Sleep Apnea

### FACT:

The more TV you watch, the more likely you are to be overweight. Take a ½ hour of your typical TV time and use it for physical activity.

## Why is weight management important?

Muskegon County has a high rate of obese and overweight individuals as well as chronic diseases associated with this. Sixty-five percent of adult Americans are now overweight or obese, and the numbers continue to grow at an alarming rate. In Muskegon County, our rates of obesity and related chronic diseases are even slightly ahead of the nation.

Being overweight increases the risk of diabetes, heart disease, high blood pressure, arthritis, and some forms of cancer. Even a modest weight loss of 5-10% of your body weight can improve your health.

## Beware

***Fad diets and instant weight-loss gimmicks and gadgets don't work for the long-term and can be unhealthy.*** By making small changes – including fewer calories and regular exercise, combined with healthy eating habits – you can achieve your weight loss goals. Losing weight is not about a quick fix, it's about **permanent lifestyle changes.**

### TIP:

Setting your goals too high can be discouraging. Be realistic! Choose a goal that you think you can meet.

# Physical Activity

## Activity facts

The dictionary defines activity as a natural or normal function we participate in by being alive. Activity is a state of being active or moving.

## Tips for staying active

- *Make exercise a priority. Plan it into each day.*
- *Exercise with a buddy or include the family.*
- *Choose activities that you enjoy.*
- *Walk your dog, or your neighbor's dog!*
- *Liven up walks with music – grab your Walkman!*
- *A brisk walk is simple, cheap, and is great exercise.*
- *Take the stairs instead of the elevator or escalator.*
- *Park further out in parking lots and walk to the store or building.*
- *Purchase an inexpensive video for indoor activity or borrow one from the library.*

## Get movin'

Here are some good examples of calories burned during exercise:

<b>Activity</b>	<b>Calories Burned in 30 minutes</b>
Raking grass or leaves .....	120 calories
Bicycling .....	150 calories
Dancing .....	120 calories
Golf .....	45 calories
Walking .....	150 calories
Washing the car .....	45 calories

*(based on the weight of a 150 lb. individual)*

# Drink Water

## Why drink water?

Are you drinking the amount of water you should be drinking every-day? We all know that water is important, but did you know that ...

- *Even mild dehydration can slow one's metabolism.*
- *Thirst can be mistaken for hunger.*
- *Lack of water is the #1 trigger of daytime fatigue.*
- *8 glasses of water a day could significantly ease back and joint pain.*

## How do I drink that much?

- *Replace sodas and artificial juices with water.*
- *Keep a bottle or container of water in your car and at your desk.*
- *Serve water at every meal.*
- *Keep a pitcher of fresh water in your refrigerator at all times.*
- *Hydrate yourself with water before, during, and after exercise.*

## Talk to your doctor

Check with your doctor or health provider regarding the amount of water you should drink if you have congestive heart failure, kidney disease, or are on fluid restrictions. You do not need to purchase expensive bottled water – tap water is fine.

# Fruits and Vegetables

## Why?

Fruits and vegetables are some of the healthiest foods you can eat. They are low in calories and fat, high in fiber, vitamins, and antioxidants, and can help prevent some forms of cancer. Many of the powerful health-promoting compounds that make fruits and vegetables good for us are the ones that give them color, turning blueberries blue, strawberries red, broccoli green, and carrots deep orange.

## How can I eat fruits and vegetables?

It's easy to get 5 servings a day! Have a serving of fruits and vegetables with every meal. Snack on fruits and vegetables to replace high fat, high calorie foods. Use any form of fruits and vegetables – fresh, canned, frozen, or dried. Eat a rainbow of colors in your fruits and vegetables each day for optimum health.

## What is a serving?

### Fruits

Item	1 Serving Size	Item	1 Serving Size
Cantaloupe	½ melon	Orange	1 medium
Banana	1 medium	Apple	1 medium
Watermelon	1½ cups, cubed		

### Vegetables

Item	1 Serving Size	Item	1 Serving Size
Spinach, frozen	1 cup, cooked	Cucumber	1 cup, sliced
Peppers/raw, green	1 whole	Lettuce	1½ cups
Tomato, fresh	1 medium		

# Portion Control

## Why control your portions?

King Size, Big Grab, Super Size, Mega – these are just a few of the words and phrases to describe portion sizes today. Rather than portion “control” our culture practices portion “out of control.”

Due to the very large portion sizes, we are consuming more calories than ever before. This is one of the reasons we are rapidly becoming obese. We need to take control of our portion sizes in order to decrease the calories we consume.

## Beware of:

Servings per package. Always read the label to find out how many servings are in the package. Very often there is more than one serving in the packages we buy, even if they appear to be just one serving!

## You can use your hand as a guide because your ...



▪ **Fist** = 1 cup or 1 medium whole fruit



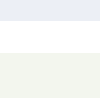
▪ **Thumb (tip to base)** = 1 ounce of meat or cheese



▪ **Thumb tip (tip to 1st joint)** = 1 tablespoon



▪ **Fingertip (tip to 1st joint)** = 1 teaspoon



▪ **Cupped hand** = 1-2 ounces of nuts or pretzels



▪ **Palm (minus fingers)** = 3 ounces of meat, fish, or poultry

# Food Records

You can't know **HOW** much you are eating if you are not paying attention to **WHAT** you are eating!

- Recording your food is a very important part of weight loss.
- Record everything that you put into your mouth.
- Recording requires commitment.

## Challenge yourself

- Record your daily intake of all foods and beverages.
- Remember to record every bite!
- You can use a notebook, blank paper, or even scrap paper. Keep your records to monitor your progress and note any changes you need to make. Should you plan for a mid-morning snack? Is there too much time between your meals? Are you getting in at least 5 servings of fruits and vegetables?
- It may also be helpful to record your minutes and type of physical activity.

### TIP:

You don't have to get all your exercise at one time. Get 10 minutes of activity here and there throughout the day.

# Sample Food Record Sheet

	Type of Food Eaten	Servings	Calories
<b>Breakfast</b>	Dry toast	2 slices toast	200
	Oatmeal	½ cup oatmeal	100
	Milk	1 cup milk	90
<b>Snack</b>	Banana	1 medium	100
<b>Lunch</b>	Turkey sandwich	2 slices bread	200
	Mayonnaise	2 slices meat	60
	Chicken noodle soup	1 Tbsp mayonnaise	60
		2 cups soup	200
<b>Snack</b>	Low-fat yogurt	6 oz. container	100
<b>Dinner</b>	Chicken breast	3 oz. chicken	110
	Baked potato	½ large potato	100
	Margarine/sour cream	1 Tbsp each	100
	Green beans	1½ cups green beans	80
<b>Snack</b>	Sugar-free popsicle	1 popsicle	10

**Multivitamin**

**Exercise**

**type:** walking

**time:** 45 minutes

**Notes**

Feeling hungry around 3:30pm; ate yogurt and felt satisfied until dinner.

# Body Mass Index (BMI Chart)

HEIGHT	Healthy BMI						Overweight BMI					Obesity BMI							Extreme Obesity BMI													
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	169	173	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410



### Directions

1. Find your height ➡
2. Find your weight ➡
3. Find your BMI

$$BMI = \frac{703 \times \text{Weight in Pounds}}{(\text{Height in Inches})^2}$$

# Nutrition Facts

## Sample label for HMR® entrée Mushroom Risotto

Amount Per Serving		% Daily Value*	
<b>Calories 240</b>		<b>Calories from Fat 45</b>	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 590mg			<b>25%</b>
<b>Potassium</b> 250g			<b>7%</b>
<b>Total Carbohydrate</b> 36g			<b>12%</b>
Dietary Fiber 2g			<b>9%</b>
Sugars 1g			
<b>Protein</b> 12g			
<b>Vitamin A</b> 0%	•	<b>Vitamin C</b> 2%	
<b>Calcium</b> 8%	•	<b>Iron</b> 15%	
*Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2,400mg
Potassium		3500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Serving Size and Servings Per Container

Be careful here – look at the serving size and servings per container. Many times there are more than one serving in a container.

### Calories

Total calories are listed as well as calories from fat. Keep the total calories in mind. There is a lot of emphasis on fat these days, but calories still count!

### Calories from Fat

Ideally, calories from fat should provide no more than 30% of total calories.  
 $45/240 = 0.19$   
 $0.19 \times 100 = 19\%$   
 In this case, 19% of the calories came from fat.

### % Daily Value

The % Daily Value shows how a food fits into the overall daily diet based on a daily intake of 2,000 calories. Use these values as a guide to see if a food is high or low in a nutrient and to compare similar food products.

### Total Fat

Look at the grams of fat. This number (5g), indicates the grams of fat per serving. The daily recommendation is no more than 30% of calories from fat.

### Sodium

The recommendation for sodium is to consume no more than 2,400mg per day (people with certain health conditions may be advised to limit their sodium intake to 2,000mg per day). You will also see a % listed. This is the % of sodium the food contains compared to 2,400mg.

### Vitamins and Minerals

These percentages should be higher to provide your daily vitamin and mineral requirements. An “excellent source” provides 20% or more of the Daily Value of that vitamin or mineral per serving. A “good source” provides 10%-19% of the Daily Value.

### Fiber

Our fiber intake for the day should be 20-35 grams. “High-fiber” foods contain 5 grams or more per serving. Foods that have at least 2.5 grams of fiber per serving are considered a “good source.”

### FACT:

Low-fat foods still have calories! Don't make the mistake of eating a whole box of cookies because they are low-fat ... calories count!



# Restaurant Guide

## Restaurant survival tips

Eating out is a part of our culture, and because that is unlikely to change, we need to learn tips so that each time we do eat out, it is not a calorie catastrophe. Studies show that when people eat out, they eat fewer fruits and vegetables, get less fiber, and consume more calories.

## Survival tips for dining out

- Choose foods that are grilled, broiled, baked, or steamed. Limit fried items.
- Order sauce, gravy, butter, and other condiments on the side. You will add less than the cook or server.
- Choose low fat side items such as steamed vegetables or applesauce.
- Don't be shy! Ask for substitutes for high calorie items – veggies vs. fries, grilled chicken vs. fried chicken.
- Make a few healthy side dishes your main meal rather than ordering an entrée.
- Opt for restaurants that offer a variety of healthy or “lite” items; don't go to buffet-style restaurants – they almost always lead to overeating.
- Have a broth-based soup or a salad with low-fat dressing at the beginning of your meal; the volume will fill you up without adding a lot of extra calories.
- Skip the pre-meal bread and butter; have the server remove it from your table.
- Split an entrée with someone else to decrease your portion size and your calories.
- Place your order first, then you will be less tempted by what someone else may order.

# Fast Food Ideas

## Making the right choice

This list shows how *choices* can make a huge difference:

### Arby's

High Calorie Choice	Calories	Low Calorie Option	Calories
Philly Beef & Swiss	700	Regular Roast Beef	350
Chicken Breast Fillet	540	Lt. Roast Chicken Deluxe	260
Italian Sub	780	French Dip	440
Cheddar Curly Fries	460	Curly Fries (small)	310

### Burger King

High Calorie Choice	Calories	Low Calorie Option	Calories
Whopper	680	Hamburger	320
French Fries (king size)	600	French Fries	230
Chicken Sandwich	660	BK Broiler Chicken Sandwich (without mayonnaise)	390

### McDonald's

High Calorie Choice	Calories	Low Calorie Option	Calories
Big Mac	590	Hamburger	280
Chicken McNuggets (9)	430	Chicken McNuggets (4)	190
French Fries (supersize)	610	French Fries (small)	210
M&M McFlurry (regular)	630	Vanilla Ice Cream Cone	150

### Subway

High Calorie Choice	Calories	Low Calorie Option	Calories
Meatball 6" Sub	501	Roast Beef 6" Sub (without condiments)	264
Cold Cut Trio 6" Sub	415	Turkey Breast 6" Sub (without condiments)	254

# Sample Menus (1800 Calories)

## Unhealthy choices

<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 glazed doughnut</li> <li>16 oz. orange juice</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Lunch</b> (<i>McDonald's drive-thru</i>)</p> <ul style="list-style-type: none"> <li>Big Mac</li> <li>Large French Fry</li> <li>Small Coke</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>None</li> </ul>
<p><b>Totals</b></p> <ul style="list-style-type: none"> <li>Calories = 1,801</li> <li>Protein = 41 grams</li> <li>Fat = 78 grams</li> </ul>

## Healthy choices

<p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>1 cup skim milk</li> <li>1 cup cooked oatmeal</li> <li>Medium banana</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>Granola bar with raisins and nuts</li> <li>1 cup lite canned peaches</li> </ul>
<p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>Turkey sandwich (2 slices lite whole wheat bread, 4 slices lean turkey, 1 Tbsp lite mayo, 2 tomato slices, ½ cup shredded lettuce)</li> <li>1 cup green beans</li> <li>Medium apple</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>6 oz. lite yogurt</li> </ul>
<p><b>Dinner</b></p> <ul style="list-style-type: none"> <li>4 oz. grilled chicken breast</li> <li>½ cup corn</li> <li>1 cup cooked carrots</li> <li>Small dinner roll</li> <li>1 cup skim milk</li> </ul>
<p><b>Snack</b></p> <ul style="list-style-type: none"> <li>1 cup frozen yogurt</li> </ul>
<p><b>Totals</b></p> <ul style="list-style-type: none"> <li>Calories = 1,810</li> <li>Protein = 77 grams</li> <li>Fat = 16.5 grams</li> </ul>

It is easy to see that choosing healthy foods allows you to eat a larger volume throughout the day. The unhealthy menu has a lot more fat and a lot less food for the same amount of calories. Choose wisely!

### Resources:

[www.mcdonalds.com](http://www.mcdonalds.com), accessed 10/13/05.

USDA Nutrient Database, [www.nal.usda.gov](http://www.nal.usda.gov), accessed 10/13/05.

# Getting Ready

Losing weight takes energy and commitment. To determine your readiness to lose weight, ask yourself a few questions:

- *Do you have personal problems that could distract from focusing on weight loss, such as job stress, marital, financial, or medical problems?*
- *Are you willing to lose weight gradually?*
- *Do you have supportive people who will encourage you in your weight loss efforts?*
- *Is your goal realistic?*
- *In what ways can you increase your physical activity?*
- *What barriers have kept you from losing weight in the past? How will you address these barriers now?*
- *How will you use a food journal to track your success?*
- *Are you willing to make the lifestyle changes that are necessary for long-term success?*

If you have answered “no” to any of these questions, you may need to seek help in resolving the problems or barriers that could get in the way of being successful. Your doctor, support group, dietitian, or a counseling agency can be helpful in addressing these issues.

## TIP:

**Don't focus on daily weight gains or losses. Weigh yourself once per week on the same scale and at the same time of day. Better yet ... measure your weight by the way your clothes feel!**

# Overcoming Barriers

It's easy to get discouraged when we give in to overeating or choose high calorie, high fat foods when we've worked so hard to develop more healthy eating habits. Keep in mind that no matter how prepared you may be, you will occasionally overeat or eat those foods you should avoid. It is sometimes difficult to stop the downward cycle and the feeling that you just want to give up. Rather than let this setback derail your efforts, accept that it happened and get back on track. These ideas may help you:

- *Focus on your successes!*
- *Tell yourself you still can be successful. Positive self-talk is an important part of making changes in how we think and act.*
- *Think about what triggered you to overeat. Was it a celebration, stress, skipping a meal? How can you be more prepared the next time?*
- *Motivate yourself by focusing on the benefits of losing weight – more energy, better health, and improved sleep.*
- *Learn and practice stress management techniques. Physical activity is a great way to reduce stress.*
- *Use your food and exercise journal to identify possible triggers or to express feelings that contribute to success or to overeating.*
- *Develop a positive support system. Having supportive people to call can be very helpful when we get discouraged.*

Above all, forgive yourself. Everyone makes mistakes sometimes. This is a lifestyle change that you are trying to make and you will face challenges from time to time. You are learning a new set of skills; don't expect perfection! We are always practicing and improving our skills.

***Don't give up!***

# Coupons

## Hackley Healthcare Equipment

Discounts cannot be used if we are billing your insurance.

**\$100.00 OFF** any mobility scooter

Not valid with any other discount or offer.

**\$50.00 OFF** any lift chair

Not valid with any other discount or offer.

**10% OFF** any cash item

Not valid with any other discount or offer.

**FREE INSTALLATION** on a Health Watch Personal Emergency Response System

Not valid with any other discount or offer.

## Hackley Health Management

Discounts cannot be used if we are billing your insurance.

**INDUCTION FEE WAIVED** for Healthy Solutions Program (*\$20.00 value*)

Not valid with any other discount or offer.

**20% OFF** induction fee for Medically Supervised Program

Not valid with any other discount or offer.

## Hackley Hearing Center

Discounts cannot be used if we are billing your insurance.

**FREE** hearing screening

Not valid with any other discount or offer.

**\$1,000.00 OFF** Sonus Premier Solution Package (*two hearing instruments*)

Not valid with any other discount or offer.

## Hackley Orthotics & Prosthetics

Discounts cannot be used if we are billing your insurance.

**1 FREE** pair of off-the-shelf foot orthoses

Not valid with any other discount or offer.

**15% OFF** compression stockings

Not valid with any other discount or offer.

**15% OFF** Post-Mastectomy specialty forms or accessories

Not valid with any other discount or offer.

## Hackley Pharmacies

Discounts cannot be used if we are billing your insurance.

**15% OFF** any non-prescription vitamins

Not valid with any other discount or offer.

**\$5.00 OFF** any prescription not covered by insurance (*one time use only*)

Not valid with any other discount or offer.

## Hackley HealthySteps

**\$5.00 OFF** Healthy Steps walking program (*call 1.866.556.0029 to register for the next available class*)

Not valid with any other discount or offer.

## Hackley Health Diabetes Education

**FREE** glucose meter download

Not valid with any other discount or offer.

The logo features a blue square icon with a white cross inside a circle, positioned above the word "Hackley" in a bold, blue, sans-serif font. Below "Hackley" is the word "HealthyLife" in a green, cursive script font. The background of the top section is light blue with a row of white circles.

# Hackley HealthyLife

The logo features a blue square icon with a white cross inside a circle, positioned above the word "Hackley" in a bold, blue, sans-serif font. Below "Hackley" is the word "HealthyLife" in a green, cursive script font, followed by the text "registered dietitian" in a smaller, blue, sans-serif font.

## Hackley HealthyLife *registered dietitian*

- Individualized nutrition counseling for weight management
- Offering free orientations of all Hackley Healthy Life weight management services
- Call **866.556.0029** to schedule an appointment

The logo features a blue square icon with a white cross inside a circle, positioned above the word "Hackley" in a bold, blue, sans-serif font. Below "Hackley" is the word "HealthySteps" in a green, cursive script font.

## Hackley HealthySteps

- 12-week walking program
- Education and self-motivating skill-building
- Exercise Specialist
- Fee applies
- Call **866.556.0029** to register

The logo features a blue square icon with a white cross inside a circle, positioned above the word "HackleyHealth" in a bold, blue, sans-serif font. Below "HackleyHealth" is the word "DiabetesEducation" in a blue, cursive script font.

## HackleyHealth DiabetesEducation

- Building life skills for successful self-management
- Registered Nurse and Certified Diabetes Educator
- Registered Dietitian
- Most insurances accepted
- Call **231.728.4810** for more information

The logo features a blue square icon with a white cross inside a circle, positioned above the word "HackleyHospital" in a bold, blue, sans-serif font. Below "HackleyHospital" is the word "NewLifeBariatricCenter" in a blue, cursive script font.

## HackleyHospital NewLifeBariatricCenter

- Surgical treatment of obesity
- Comprehensive pre-surgical education and screening
- Support groups
- Call **231.798.1662** to attend a free orientation

The logo features a blue square icon with a white cross inside a circle, positioned above the word "HackleyHealthManagement" in a bold, blue, sans-serif font.

## HackleyHealthManagement

- Medically supervised weight loss program
- Variety of dieting options
- Weekly classes and personal weight loss coaches
- HMR at Home, phone based weight loss program
- Call **231.830.9684** for a free orientation

## Child & Family Services – *Weight Loss Counseling*

- Specialized weight management therapy groups
- Individual therapy also available
- Fee applies, most insurances accepted
- Call **231.726.3582** to register