

# The Weigh to Health®

## The Weigh to Health® Program

Weigh to Health® has good news for 2020!

*Join the  
Weigh to Health®  
Program*

- 23 sessions over 12 months
- Availability at multiple locations\*  
*\*must complete registration first*
- Goals
  - 5-7% weight loss
  - 150 minutes of moderate physical activity per week
  - Prevent Type 2 diabetes
  - improve health
- No cost for SelectHealth Members\*\*  
*\*\*Must meet eligibility requirements and complete program*

***Weigh to Health® is an accredited Diabetes Prevention Program aimed at helping individuals lose weight and make changes last a lifetime!***

### The Weigh to Health® Program includes:

- 20 group sessions
- 3 individual sessions
- Access to social media

#### *Group Sessions:*

90-minute evening sessions offered at Multiple Intermountain Healthcare Locations

#### *Individual Sessions:*

60-minute, daytime, individual sessions with a registered dietitian to personalize goals and track progress

#### **Session Topics Include:**

- Principles of Healthy Eating
- Menu Planning
- Intuitive Eating
- Eating Out & Special Occasions
- Metabolism
- Body Image
- Experience Exercise
- Emotional Eating
- Stress Management
- Healthy Cooking Demonstration
- Grocery Store Tour
- And Much More!

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If you have **Questions** or would like to get started on your **Weigh to Health®** please visit our website:

[www.intermountainhealthcare.org/weightohealth](http://www.intermountainhealthcare.org/weightohealth)