

# Healthy Balance: A lifestyle and weight management program



Check out this program! It may be right for you. To participate, you need to be at least 18 years old and attend a virtual orientation session. **Call 808-432-2260 to register for an orientation session.**

Healthy Balance is a one-year lifestyle and weight management program that supports your weight loss goal\* by working on 3 areas for success: **DAILY HABITS - HEALTHY EATING - GETTING ACTIVE.**

You'll also work one-on-one with a wellness coach on your action plan during a monthly telephone call.

## Topics for the 16 Group Sessions\*

Setting Strategies for Healthy Living	Create Strategies for Long-term Success	Building Your Strength	Dining Out Successfully
Starting and Progressing Your Fitness Routine	Managing Food Triggers	Creating Healthy Meals and Snacks	Overcoming Barriers to Your Fitness Routine
Increase Your Confidence	Taking Control Over Stress	Changing Habits for Your Health	Finding Your Motivation
Burning Calories with Cardio	Understanding Eating Behaviors	Balancing Calories In Versus Calories Out	Reading Labels to Make Healthy Choices

\* Based on CDC Diabetes Prevention Program (DPP) curriculum guidelines with a program goal of 5% to 7% weight loss.