



## **LiveBest Weight Management Program**

If you are looking for simple solutions for fresh food & well-being, consider our guide to “Live Best.”

### **A *LiveBest* lifestyle**

- Is not a diet plan. Weight loss may be a result, but the goal is to make better food choices to improve energy and health. These are long-term results that may be difficult to measure in the short term.
- This is about expanding choice by identifying action steps to take to help make better choices.
- Focuses on gradual change on a realistic schedule, which gives you, your taste buds and brain time to adapt.
- Small changes can make a significant and positive difference over time. They often tend to snowball into improving other areas of a person’s life.

### **Personalized program includes**

- One to one meeting each session with a Registered Dietitian Nutritionist
- Workbook that covers getting more from your:
  - Veggies
  - Fruit
  - Protein
  - Dairy
  - Whole Grains
  - Shoes
- Cost: \$120.00 for three (3) sessions (workbook included in the cost) – purchase additional sessions for \$40 each
- Option to perform Med Gem Metabolic Measurement (\$75)
- Computer analysis of food intake, customized meal planning and recipes
- Free membership to the Hudson Hospital & Clinic Fitness Center gym during participation in the program

**Call 715-531-6469 for details to *LiveBest***