

REAL LIFE LIFESTYLE CHANGE PROGRAM

The New Year is a great time to decide to make some healthy changes, and regardless of your health concerns, the **Real Life** lifestyle change program may be right for you. This program is recognized by the Center for Disease Control and will allow you to learn, laugh, share stories, try new things, and build new habits—all while improving your health. Whether your goal is weight loss, preventing diabetes, or reducing your risk of complications from diabetes, heart disease or other chronic conditions, this program will help you meet your goals.



During the first half of the program, you will learn to:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life, even if you don't think you have time
- Deal with stress
- Cope with challenges that can derail your hard work—like how to choose healthy food when eating out
- Get back on track if you stray from your plan—because everyone slips now and then

Group participation and weekly meetings are key to meeting your goals

In the second half of the program, you will enhance the skills you've learned so you can maintain the changes you've made. These sessions will review key ideas such as tracking your food and physical activity, setting goals, staying motivated, and overcoming barriers. You may learn some new information, too. The lifestyle coach and small group will continue to support you.

You can expect:

- A review and check-in on weekly progress, which includes a private weigh-in
- A discussion about the week's topic that will give you a chance to learn from the program materials and each other
- A wrap-up with a to-do list and handouts to reinforce what you've learned

Sessions will review physical activity, goal setting and staying motivated.

The program runs for 1 year. During the first 6 months of the program, you will meet about once a week. During the second 6 months, you'll meet once or twice a month. You may think you learned enough in the first 6 months and can skip the second half of the program, but you'd be cheating yourself! Making lifestyle changes is an ongoing process. Staying in the program for the full year is essential to help you stick to new habits and avoid slipping back into old habits. And if you have not reached your goals in the first half of the program, your lifestyle coach and other group members can help you succeed. The classes will be led by CDC trained lifestyle coaches Sandra Burwell and Heather Stevens. All classes will be held at Annie Jeffrey Memorial Health Center. If you are interested, contact Sandra or Heather at (402) 747-2031 or email Sandra.burwell@ajhc.org or heather.stevens@ajhc.org. Informational sessions will be held in January so we ask that you contact us before December 31, 2018 if you are interested.

