



Cardiac Risk Factor Reduction Program

If you choose to join the program:

First, your family will meet with Dr. Beth Creel, PhD Psychologist (Motivational Coach), to better prepare you for making dietary and lifestyle changes.

How does it work?

- ♥ 12-week program
- ♥ 1 day per week
- ♥ 1 hour session includes:
 - Exercise and fitness activities with Exercise Physiologists
 - Nutrition education from Registered Dietitians
 - Motivational therapy with PhD Psychologist (*as needed*)

The Goal of the Program:

Our program is NOT a "gym" and NOT a "quick-fix diet".

- ♥ This is an educational program designed to teach you **skills** to successfully make the healthy lifestyle changes needed to achieve a healthy weight.

Your child's success will be determined most of all by what you do at home.



Expectations:

- ♥ Your **entire family must be fully committed** to making dietary and lifestyle changes. (*If either you **or** your child are not committed to the requirements of the program, it is better to wait until you are **both** ready.*)
- ♥ BOTH you and your child must agree to **attend & complete the program together**. **Regular attendance** to the weekly sessions is necessary for your success in this program.
- ♥ You and your child will be expected to set weekly goals, complete workbook activities, and keep food & activity records.

Upon completion of the program, you and your child will return in 3 months for a follow-up evaluation with the dietitian.

How much does it cost?

Once a month, (at the 1st, 6th, and 12th week of the program) a charge will be billed to your insurance. You are responsible for any co-pays, and/or deductibles incurred for these visits.