

Weight Loss structured support programs

Get fit. Stay healthy. Be rewarded.

Individual Counseling: Wellness staff will meet with you individually to design a weight-loss program tailored to your personal needs and goals. Through a combination of diet modification and physical activity, Wellness staff will assist you in achieving moderate, long-term weight loss. You will receive a diet assessment as well as exercise design and tutorial. Follow-up is conducted monthly or more frequently as necessary.

Weight Loss Challenges (WLC): Wellness is proud to offer both Spring and Fall group weight loss programs that are eligible to individuals with a body mass index (BMI) of 25 or greater. The Fall WLC is a team competition where participants are assigned to a group who will be their support system throughout the 10-week program. All Challengers meet weekly for official weigh-ins, educational seminars, and team competitions. The Spring WLC follows a similar format but is conducted as a couple's competition. Challengers are able to join with a partner for the 12-week program. Both WLC offer cash prizes and awards to winning teams and individuals.

The Last 10: A group program designed specifically for people who are looking to lose 5-10 pounds. Our monthly meeting will provide all participants with the information and tools to tweak their diet and exercise programs to break off of the plateau and reach their ideal weight.