

# Tie Up Your New Year's Resolution

## New Dimensions Weight Management Program

Class meets every Wednesday  
evening from 5:30-6:30 p.m.

(Please ask membership office for a more  
specific schedule of program offerings)

Sam B. Cook Healthplex Fitness Center provides a comprehensive nutritional educational program that educates and encourages both members and non-members to live a healthier lifestyle through diet. The program is a holistic behavior modification program designed to teach participants about healthy and permanent weight loss through a variety of weight management topics discussed weekly. The program emphasizes the combination of healthy nutritional/eating habits and regular exercise for a successful lifestyle behavior change.

### Healthy Topics

- Understanding food labels
- Grocery shopping strategies
- Take charge of eating out
- Truth about Carbohydrates

All topics are presented by a variety of CRMC health specialists.

### 2010 Successful Stats

- 5% average overall body fat weight loss
- 96% of participants averaged a 10 lbs weight loss
- 94% adherence rate in attendance

Call or stop by our membership office (632-5634) for more information or to register for your spot. Email contact [mimes@mail.crmc.org](mailto:mimes@mail.crmc.org) or [pmassie@mail.crmc.org](mailto:pmassie@mail.crmc.org).

#### Rates:

Healthplex Members - \$115 for 17-week program  
Non-Member\* - \$130 for 17-week program

#### Repeaters:

Members - \$75 for 17-week program  
Non-Members\* - \$85 for 17-week program

\***Bonus:** Prospective participants that join both the New Dimension Program along with starting our fitness program at Sam B. Cook Healthplex can join the fitness center for FREE. The joining fee (valued at \$45.00) will be waived. Current members joining the New Dimension program will receive a gift card valued at ½ off our metabolic testing (gift card must be redeemed by end of program).



Sam B. Cook

CAPITAL REGION  
HEALTHPLEX

University of Missouri Health Care