

## FAQ's

### **Is the Healthy You Weight Management Program a weight loss diet?**

No! The program focuses on goal setting, nutrition education and label reading to help you manage this challenging food world.

### **Who delivers the Healthy You Program?**

This program is delivered by Registered Dietitians.

### **Is there a cost to the program?**

There is no cost for you to take part in the program and the parking is free.

### **Will weights be taken?**

No! The focus of the program is to learn about food and nutrition. It is more important that you are working towards your dietary goals.

### **Do I have to attend follow up after the program?**

No one has to attend follow up after the program is finished. There are options for follow up if you are interested, including:

- Individual Counselling with the dietitians
- The Weight Management Support Group
- The Craving Change Program

### **Can anyone attend the Healthy You Program?**

No. You must be a client of the Blue Sky Family Health Team to attend.

### **How do I join the Healthy You Program?**

Ask for a referral form to be completed at your doctor's office.

## Healthy You Weight Management Program

*Lifestyle changes...*

*One step at a time...*



*For your health!*



685 Bloem Street  
North Bay, ON  
P1B 4Z5

Tel: 705-475-0500

Fax: 705-475-0571

**TENTATIVE Program**  
**Start Time**

\*Minimum of 10  
participants needed to run  
program\*

Check the Blue Sky Family  
Health Team website for  
latest information

**[www.blueskyfht.com](http://www.blueskyfht.com)**

## **Program Details**

The goal of this program is to review nutrition basics and provide you with the tools to make healthier food choices in this challenging food environment. Time is spent on goal setting to help focus on the changes you want to make.

**Class 1:** Introduction to the program and each other. We discuss self-assessment and learn how to set SMART goals.

**Class 2:** Review of the nutrition basics including Eating Well with Canada's Food Guide and recommended portion sizes. Energy balance is discussed too!

**Class 3:** Discussion of healthy carbohydrates, fibre and fluid needs.

**Class 4:** Learn why protein and fat are so important, and how much you actually need in a day.

**Class 5:** Let's talk about how healthy snacking and meal planning can help achieve your goals to healthier living! Find out what volumetrics means.

**Class 6:** Learn how to navigate the super market. We will review label reading and some tips for eating away from home.