

Hocking College and Nutrition in Motion present Weigh-to-Go!

Program Overview

Weigh-to-Go! is a comprehensive wellness program covering a wide range of health related topics including metabolism, meal planning, heart health, the truth about carbs and much more. The format of the program includes six 45-60 minute classes in addition to three 30-45 minute one-on-one nutrition counseling sessions (including metabolism testing) with a Licensed/Registered Dietitian from Nutrition in Motion.

The program will begin on: Monday, September 16, 2013. See attached Table of Contents for additional class dates.

What you can expect to get out of the program:

By the completion of this program, you will have a clear understanding of the motivation and knowledge to make educated choices. We wish to instill in you the power of choice. It is in your grasp to prevent illness and reverse many disease states.

The choices you make every day impact your health, presently and in the future. This program will teach you how to navigate the grocery store, as well as to understand food packaging claims/nutrition labels. You will gain an understanding of what and how you eat affects your overall health. You will also learn that food can be used to create physiological changes in the body for the better or worse.

The pillars of good health begin with exercise, nutrition, hydration and stress reduction. By the end of this course, you will understand the power of these components and how you can drastically change your life if you put them in place.

Nutrition in Motion Commitment:

Provide 6 classes of 45-60 minutes on various topics related to living a healthy lifestyle. Offer three one-on-one nutrition counseling sessions per employee.

Hocking College's Commitment:

Allow each employee to attend three one-on-one nutrition counseling sessions (~30-45-minutes each) and weekly lunch and learns of 45-60 minutes.

Employee Commitment:

Attend a minimum of 4 out of 6 classes "lunch and learns" and a minimum of 3 one-on-one nutrition counseling sessions with the Registered Dietitian.

Cost:

The good news is this program is being offered at no cost to the employees as long as you have insurance through your employer. The one-on-one sessions will be billed through your insurance and Nutrition in Motion has agreed to waive the co-pay and the class fee for those enrolled in the program.

If you don't have insurance the one-on-one sessions will cost \$60.00 per session, plus an additional \$40 for the metabolism testing for a total of \$220.00 for the entire program.