

Behavior Modification Weight Control Program

What Is the Behavior Modification Weight Control Program?

It is a ten week outpatient weight loss program to help you:

- Make lifestyle changes to start you on your way to healthy eating habits and behaviors.
- Understand eating cues and behavior related to overeating.
- Establish activity goals.
- Understand the Food Guide Pyramid.

What Topics Are Covered in the Classes?

Topics covered include: the Food Guide Pyramid, low-fat cooking, exercise, eating out, tips for changing your eating behaviors, and goal setting.

By keeping a food diary and staying active with regular exercise you will use what you learn in the classes.

When Do the Classes Meet?

Classes meet for ten Thursdays from 2:30 p.m. to 3:30 p.m.

Can My Family Attend the Classes Too?

Yes. Your family is an important part of your program. Family and friends can support you as you make permanent lifestyle changes.

How Can I Be Referred To This Program?

Your primary clinic staff (doctor, nurse, dietitian, or other health professional) can refer you. Consults can be sent to Nutrition. You will be contacted when the next available class starts.

Is There Follow-Up to the Program?

Yes, you have the option to meet individually with a dietitian to check on your progress.

For more information about the Behavior Modification Weight Control Program, please call the program dietitian at 612-467-3297

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