



New LEAF Program:

Lifestyle, Exercise, Attitude, Food

Are you ready to turn over a New LEAF? The New LEAF Program is for adults who have problems with weight management. Do you have any of these symptoms of weight-related problems or metabolic syndrome, such as:

- excess weight, especially abdominal fat
- high blood pressure
- high blood sugar/insulin resistance
- abnormal cholesterol levels
- arthritis
- sleep apnea

This comprehensive program—created and led by healthcare professionals—is an incredible value. Portions of this program may be reimbursed through your medical insurance. Contact your health plan to verify your coverage.

For more information, costs, and to register, call Bronson Medical & Surgical Weight Management at (269) 341-8900, or e-mail at medsurgweight@bronsonhg.org.

Bronson Medical & Surgical Weight Management
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This program can help you gain the tools to manage your weight and improve your health. You will also learn how to change behaviors that sabotage your eating patterns. Getting weight-related problems under control can decrease your risk of developing heart disease, stroke, and diabetes.

Our team of healthcare professionals work with you to create a comprehensive eight-session weight and health management program designed just for you. Before the program begins, you receive a:

- nutrition consultation with a registered dietitian
- fitness assessment with an exercise physiologist

The program includes:

- Eight group education sessions led by our professionals
- Eight private, one-hour personal training sessions with an exercise physiologist.
- Menus, recipes, and shopping lists you can customize for you.
- A personalized meal plan designed by a dietitian.