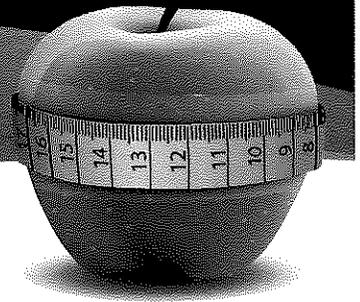


# My Healthy Weigh



Finding healthy balance in life is difficult, but with the support of the **My Healthy Weigh** coaches, you'll be equipped to tackle your weight loss challenges. My Healthy Weigh is an eight-week nutrition, fitness and behavior-change program designed to help you make healthy lifestyle choices. The program includes group classes, exercise sessions, a two month membership to the Lifestyle Health and Fitness Center, helpful materials, weigh-ins and waist measurements and a food record review by a registered dietitian nutritionist all for \$200\*.

The next eight-week session starts  
**Wednesday, January 16, 2019 | 6-7:30 p.m.**

Call 757-312-6132 to sign up today!

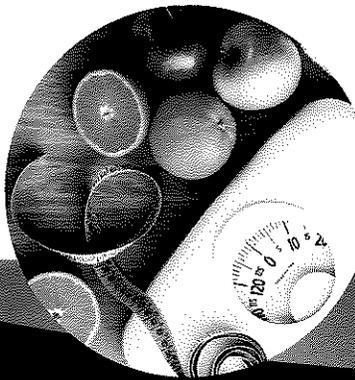
\*Employees and Lifestyle Health and Fitness Center members receive a discounted rate

## Next Session Dates

1/16  
1/23  
1/30  
2/6  
2/13  
2/20  
2/27  
3/6

## Topics

Getting Started with Eating Right  
Change Your Eating Habits  
Meal Planning, Healthy Cooking  
Dining Out  
Stress and Stress Management  
It's Not Just Eating – Sleep, Medications and Hormonal Issues  
Cardiovascular Exercise  
Strength Training  
Balance, Flexibility and Agility  
Grocery Store Tour



**CHESAPEAKE REGIONAL  
HEALTHCARE**

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