LIFESTEPS®
Weight Management Program

- Are you struggling to reach and maintain a healthy weight?
- Have you gone on and off diets, losing and gaining the same pounds over and over again?
- Has your doctor told you that you are at risk for developing Type 2 Diabetes?

Join a small group of 8-15 people who are on a similar journey, and discuss your experiences in a safe and supportive environment.

LIFESTEPS® recognizes that people are unique with different eating and exercise habits, weight loss goals and daily schedules. Personal choice, responsibility and accountability are stressed, placing you in charge of your eating and activity behaviors. With LIFESTEPS®, you tailor the program to fit your needs.

**Program Features**

- **Evidence Based** – Grounded in sound, science-based nutrition and behavioral management techniques.
- **Versatile** – Meets criteria for weight loss, diabetes prevention and reduces risk for chronic disease.
- **Tracking** – Use food and activity records to observe specific behaviors.
- **Goal Setting** – Analyze your current behaviors and make deliberate step-by-step changes.
- **Cognitive Behavioral Strategies** – Identify and change negative attitudes, beliefs and expectations about eating, activity, weight management and one’s perceived ability to make changes.
- **Social Support** – develop a network of people who help maintain motivation and reinforce positive behavioral changes.
- **Relapse Prevention Training** – identify and manage high-risk situations that may trigger negative behavioral patterns.

Find out more about this program by calling Trinity Weight Management Specialists at (309) 779-2509.