



Weigh to Live Classes:

One-On-One Fitness Assessment - Each person completes a health and nutrition questionnaire prior to the appointment. Measurements will be taken such as weight, body composition, blood pressure, and waist circumference. Resting Metabolic Rate (RMR), Sub maximal VO2, and Functional Movement Screens (FMS) are measured. Appropriate classes are identified and individualized exercise and meal plans are created.

Upping Your Metabolism - Patients receive an individualized packet consisting of their starting body composition, RMR results, Sub maximal VO2 results, Functional Movement Screen (FMS) results, a sample meal plan based on their goals, and an exercise plan. Patients learn strategies for increasing their metabolism and improving fitness. They are taught how to monitor food intake using food journals and online calorie and exercise counters. Patients receive instruction on how to train at the appropriate heart rate to improve VO2, a measure of cardio respiratory fitness.

Functional Movement Class - Patients in the WTL program are eligible to receive exercise coaching on corrective exercises based on their functional movement screen scores. Classes are available on a first come first serve basis. No appointment is necessary to attend, but patients must have a current FMS screen prior to attending class. Classes are held at the Applied Fitness Center. Patients should wear PT clothes and bring their FMS screen and any applicable PT profiles to the functional movement class.

Personalized Meal Plan - Patients receive feedback on their food and exercise journals in a group question and answer format. Patients are provided additional instruction on healthy habits. Barriers preventing healthy lifestyle change are addressed. Patients leave class with three to five specific behavior goals to improve their nutrition and exercise plans.

Phase II Assessment - During class, patients complete an advanced assessment questionnaire. Patient's current fasting glucose and lipid panel results are provided and normal values are discussed. Patients are taught how lifestyle modifications can improve these results and referred to their PCM as appropriate. Each person is individually assessed to choose the appropriate Phase II WTL classes for their needs and a personalized schedule is created. Patients are scheduled for additional one on one follow-up appointments as needed to complete the Advanced WTL Nutritional Assessment.

Advanced Nutrition - Addresses more complex nutrition topics such as choosing healthier fats for heart health, fitting in more fruits & vegetables, and making an individual plan appropriate for your goals.

Life Skills - This class is a hands-on lab introducing portion sizes, reading nutrition facts labels, organizing a meal to meet nutrition needs, grocery shopping and cooking food. This class also includes a discussion about making healthier choices when eating out.

Exercise Class - This class provides additional exercise coaching with new exercises to progress the patient's exercise plan. Patients are taught how to modify current fitness plans to continue making exercise fun, challenging, and a consistent part of daily living.

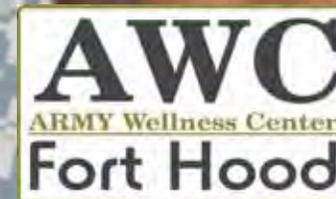
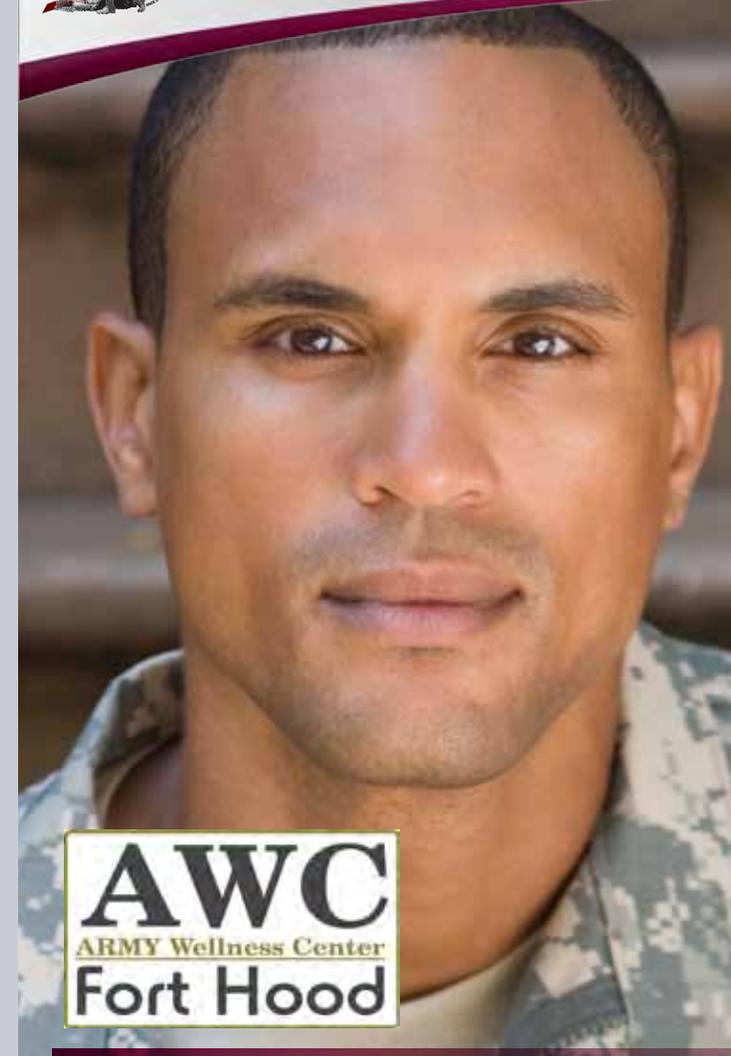
Alternative Weight Loss Therapies - After diet and exercise, the weight management guidelines recommend trying medications. Get the scoop from a clinical pharmacist on the effectiveness of prescription and over-the-counter drugs and herbs for weight loss. Explore other alternatives in the market. Before spending money on products and services, become an informed consumer.

Performance Nutrition Class - Patients learn the fundamentals of eating to improve physical performance. By applying disciplined performance nutrition strategies, patients can enhance their Army Physical Fitness Test scores, speed and agility skills, make greater strength gains, improve running performance, and increase stamina. This class teaches tactical athletes how to eat the right foods, at the right times, in the right portions to achieve performance improvements.

**To Schedule
Your Appointment
Call: 254-288-8488**

Carl R. Darnall Army Medical Center
Public Affairs & Marketing Office
Fort Hood, Texas 76544

FH MDA HO 872
1 August 2012



Army Wellness Center



Army Wellness Center Offers...

Tobacco Cessation

Are you ready to be Tobacco Free?

The AWC is ready to support you!
The program offers tools you will need to stay tobacco free.

Tobacco Cessation Support/Education Classes

Medications may be available to participants.
Participants must attend at least four Tobacco Cessation Support Group meetings and remain at Fort Hood for at least 12 weeks.

**Appointments available through
Central Appointments
(254) 288-8888**

Stress Management/ Relaxation Room

Stress is inevitable in our fast paced lives. To help you cope, we can provide some strategies that may be effective.

AWC offers "free" massage chairs to help you cope. Coming soon: Stress Management Biofeedback Classes.

Focus on Success by joining us to reduce your stress.

Self-Care Program

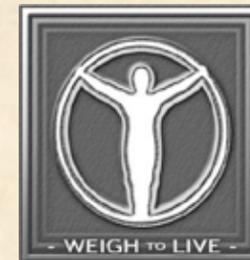
Self Care is practicing prevention and taking personal responsibility for your own care.



Self Care encompasses education on a wide range of health related decisions and options to build your knowledge, skills, and confidence in areas such as:

- Symptom Identification
- Self Treatment Using Over-the-Counter Medications
- Health Maintenance
- Staying Healthy & Promoting Good Health

Weigh to Live



Weight Management Classes

Personalized Meal Plans

Performance Nutrition



**To schedule an appointment
Call 254-288-8488**

31st Street & Old Ironsides
Bldg. 12019, Suite 300

*We look forward
to serving you soon...*