

Why Weigh-to-Be?

- Obesity is the 2nd leading cause of preventable death in the U.S.
- Approximately 62% of female and 67% of male Americans are considered overweight.
- An estimated 400,000 deaths per year may result from poor diet and low physical activity.
- Being overweight contributes to medical conditions such as insulin resistance, high blood sugar and triglycerides, high blood pressure, and high cholesterol.
- You deserve to feel great!

**Weigh-to-Be
is a weight-
loss program
made
available by:**



**2188 East Meyer Boulevard
Kansas City, Missouri 64132
Phone: 816-276-9410
Fax: 816-523-3693
www.harmondiabetescenter.org**



Benefits of Weigh-to-Be:

- You'll get a personalized meal and exercise plan designed for your individual body.
- Your daily food intake will be reviewed by a Registered Dietitian with feedback on your successes and suggestions for improvements.
- No special foods to purchase—eat real food and learn how to make good choices anywhere you go!
- Learn how to count exercise calories to balance caloric intake.

Participants say...

"You need a plan, a program, and people—Weigh-to-Be provides all three." -Jolene

"I've worked in Medicine and tried almost every diet. This is one of the best programs. The food diary is a great source of discipline." - Eloise

"My results are awesome because I have a dietician to give me guidance." - Bobbie



Weigh-to-Be:

- Is an 8-week weight loss program that can be repeated as needed
- Meets weekly on Thursdays from 5 – 6 p.m.
- Must be 17 or older to participate
- \$40.00 per person, for the first month; \$35.00 each consecutive month
- \$65.00 spouse rate per couple, for the first month, \$60.00 each consecutive month
- Healthy Behaviors is a weekly 15-minute follow up once you've met your weight loss goals; \$15.00 for individuals or \$25.00 per couple