

# begin<sup>®</sup>

be healthy. be fit. be happy.

## what is **begin**<sup>®</sup>?

Begin<sup>®</sup> is a 10-week program designed to help you form healthy habits that will last a lifetime. Learn from the nutrition experts how to lose weight and improve your cholesterol, blood pressure or blood sugar levels.



## topics include:

**Session 1** - Initial measurements, cholesterol screening, introduction to the program

**Session 2** - Portion size

**Session 3** - Store tour

**Session 4** - Exercise

**Session 5** - Halfway measurements

**Session 6** - Fat and sugar content in foods

**Session 7** - Disease prevention

**Session 8** - Healthy cooking

**Session 9** - Maintaining weight loss and healthy habits, emotional eating, program evaluation

**Session 10** - Post measurements, cholesterol screening, program wrap-up.

**Individual and group sessions available.**



## to begin your new lifestyle,

contact your Urbandale Hy-Vee dietitians today!

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