

# Tired of Struggling with Your Weight and Seeing no Results??

## *Lifestyle Therapy Services*

**The original!**

### **BEHAVIORAL CHOICE THERAPY**

#### **Weight Management Program**

**Change your lifestyle today!**

- **This program offers a new approach to weight loss based on the most current research.**
- This program is a “starting-off point” for long-term weight loss and maintenance.
- **This program is NOT a diet and does not restrict calories severely.**
- **There are NO FORBIDDEN FOODS in this program.**
- You will learn a heart-healthy diet, low in saturated fat.
- You will learn the myths and realities of weight loss and diets.
- You will learn your current eating pattern. 50% of diet programs fail initially because changes made are not based on the person’s existing eating pattern.
- You will learn how body image relates to eating patterns.
- You will identify small and reasonable changes to be made in your lifestyle so weight loss continues after the program.
- You will learn how stress and emotions impact eating behaviors and how to cope with these.
- You will learn how your thought patterns impact long-term success.
- You will establish physical activity goals (rather than exercise goals); you will use a pedometer to help you monitor your progress.
- Cost is \$350 including sessions and all materials
- **“Booster” sessions are available for follow-up.**

This program is conducted by

***Dr. Lesley Lutes, Ph.D., Licensed Psychologist***

***See our weight management brochure for more information, and talk to your therapist or the front desk staff to sign up!***

Phone: 928-556-9935

Fax: 928-774-4277

[reception@corebalancetherapy.com](mailto:reception@corebalancetherapy.com)

[www.corebalancetherapy.com](http://www.corebalancetherapy.com)