DO YOU KNOW? NOT ALL CALORIES ARE THE SAME!

♦ Fat makes you gain weight because it has twice the calories as carbohydrate and protein

♦ Carbohydrates (sugars and starches), and protein do not make you gain weight when eaten in moderation

♦ The best way to lose weight permanently is to eat a diet low in fat and balanced in healthy carbohydrates and protein

A HIGH FAT DIET AND/OR BEING OVERWEIGHT PUTS YOU AT INCREASED RISK FOR

♦ Heart Disease, High Blood Pressure
♦ Cancer of the Breast, Colon, Uterus
♦ Diabetes
♦ Stroke
♦ Female Fertility Problems

CHOOSE TO LOSE® helps you to

♦ Eat! Never be hungry
♦ Lose weight permanently
♦ Reduce health risks
♦ Learn the skills to take control

Visit the Choose to Lose® Web site at
www.choicediets.com

Directions to VCU Women’s Health Center

The VCU Women’s Health Center is located at the VCU Medical Center at Stony Point, 9000 Stony Point Parkway, conveniently near the Stony Point Fashion Park. The Women’s Health Center is located on the first floor on the left-hand side of the facility. FREE parking is available for your convenience.

From Southside:
From VA-150 Chippenham Parkway, take the exit for Stony Point Fashion Park/Stony Point Parkway and bear left. Turn left at the traffic light onto Stony Point Parkway. Continue straight to the white building for the VCU Medical Center at Stony Point.

From West End:
Take Parham Road until it becomes VA-150 South/Chippenham Parkway. Continue on Chippenham Parkway, crossing the Willey Memorial Bridge and take the exit for Stony Point Parkway (the second exit). Turn left at the traffic light onto Stony Point Parkway. Continue straight to the white building for the VCU Medical Center at Stony Point.

From Downtown:
Take VA-76 South/Powhite Parkway, crossing over the James River. Follow the “Full Service” toll signs for the VA-150 North/Chippenham Parkway exit, pay toll ($0.70) and take the first right exit for Chippenham Parkway North. Continue on Chippenham Parkway for about 3.5 miles. Take the exit for Stony Point Fashion Park/Stony Point Parkway and bear left. Turn left at the traffic light onto Stony Point Parkway. Continue straight to the white building for the VCU Medical Center at Stony Point.

Weight Loss Program

Healthy Eating & Weight Control Program

Choose to Lose® is an exciting eight-week program for those who want to take control of their health and their weight!

Winter 2010
January 25th – March 15, 2010

For MEN & Women, too!

Sponsored by:

VCU National Center of Excellence
In Women’s Health Care
9000 Stony Point Parkway
Richmond, VA 23235
WHY OUR PROGRAM WORKS FOR A LIFETIME…

Choose to Lose® is not a diet, but a way of eating for life! It is a sensible, scientifically sound approach that allows you to eat. You never feel deprived because you can always fit in your favorite foods. You never go hungry because you must eat to lose weight. You will be amazed how much you can eat and still lose weight! You make your food choices. You balance your protein, fat, and healthy carbohydrates. You have control. You learn the skills to make and keep you healthy. You choose to lose!

WHY OTHER WEIGHT LOSS PROGRAMS DON’T WORK…

Most diets are like an island. You decide to lose weight and jump on for a few weeks. You starve, or drink liquids, or eat huge quantities of protein, or avoid carbs. Everything is unnatural. You may lose weight. You jump off the island and you are right back where you started. You gain the weight back because you didn’t learn what made you gain weight. You felt deprived, hungry, bored. You were not in control. Our program is different. Our program is forever. You select your foods. You take control. You choose to lose!

YOU WILL LEARN…

♦ How much fat you can eat each day (your fat budget) and still lose weight
♦ How to choose a diet balanced in protein, fat and healthy carbohydrates
♦ How to read food labels and grocery shop
♦ How to order the healthiest foods at restaurants
♦ How to cook healthier
♦ Why aerobic exercise is essential for weight loss and health

HERE’S WHAT YOU GET…

♦ Eight 2-hour sessions taught by a certified Choose to Lose® instructor, Mary-Jo Sawyer, RD
♦ Program books:
  "Choose to Lose®: A Food Lover’s Guide to Permanent Weight Loss"
  "Eater’s Choice Cookbook"
♦ Pocket-size passbook for food records, (reviewed weekly by our registered dietitian)
♦ Supermarket Tour
♦ Dining out at a restaurant to practice ordering healthily (additional cost)
♦ FREE Percent Body fat measurement included with registrations fee, using the Futrex-5000 Body Fat Analyzer
♦ Two program options:
  Choose to Lose®- $175.00
  Choose to Lose® PLUS- $200.00

Choose to Lose® PLUS also includes a 1-hour individual session with our registered dietitian.

Registration Form

Name:_____________________________
Address:___________________________
City/State/Zip:_____________________
Home Phone:_______________________
Work Phone:_______________________
Email:_____________________________

Choose to Lose
Monday Evenings
January 25 – March 15
7:00 p.m. – 9:00 p.m.

Class Fees:
Choose to Lose®- $175.00
Choose to Lose® PLUS-$200.00

Please fill out the above form, then mail check payable to “MCVP” and mail to:

Mary-Jo Sawyer, RD
Choose to Lose
VCU Women’s Health Care
9000 Stony Point Parkway
Richmond, VA 23235

Payment must be received by Wednesday, January 22, 2010