You can do it!
We can help.

Weight Management Program
Positive Choice Integrative Wellness Center
Kaiser Permanente provides many weight loss options for members and a few for non-members as well. Listed on this page are the weight loss options that are available in addition to the meal replacement and full food weight management programs.

**Wellness Coaching by Phone**
Work with a live coach over the phone on a specific health goal in the convenience of your home. Choose to work on *losing weight, eating healthy, managing stress, getting active, or quitting tobacco*. No fee. Available only to members of the Kaiser Permanente health plan. Call to get started, 866-862-4295.

**Ask A Dietitian/Fitness Forum**
Have your fitness, nutrition, and weight loss questions answered by fitness and nutrition experts. These walk-in sessions are a great tool for weight loss, healthy eating, and fine-tuning your workout routines. Offered at the Positive Choice Integrative Wellness Center, there is no fee and everyone is welcome. You do not need to be a health plan member to participate. **Mondays thru Thursdays 5 to 5:30 p.m. and Tuesdays from 11:45 a.m. to 12:15 p.m.**

**Healthy Lifestyles for Families**
This two-session program is for parents and children 2 to 12 years of age. The first session is attended by parents only and in the second session children attend. Focus is on healthy eating. There is no fee. You must be a health plan member to attend. 619-641-4194 to schedule.

**KP-Kids**
This six-session program is for children from 5 to 12 years of age accompanied by a parent, grandparent, or support person. The fee is $60. Either the child or adult attending must be a Kaiser Permanente member. 619-641-4194 to schedule.

**Healthy Lifestyle for Teens**
This is a two-session nutrition education class for teens 12 to 18 years of age. Adults are not required to attend. Available only to Kaiser Permanente members. 619-641-4194 to schedule.
Since 1981, the Positive Choice Integrative Wellness Center has had the pleasure of helping over 30,000 people achieve significant weight loss, fitness, and improved health. We have learned many things about weight loss and maintenance.

**Successful weight management requires:**
- Medical supervision to ensure health and safety.
- An effective food plan.
- A supportive environment in which you have the opportunity to solve problems and develop new skills.

**Long-term weight maintenance requires:**
- Understanding the role food and being overweight plays in your life.
- A moderate exercise program.
- A good nutrition plan and awareness of eating habits.
- Individual and/or group support that allows you to solve the difficulties of weight maintenance.

We have created the most comprehensive weight management programs in San Diego. We recognize individual needs for weight loss and we accommodate those needs by providing different programs and weight loss food plans. We hope you will choose one of our weight management programs and allow us to help you in your weight loss efforts. Please read this booklet to better understand the choices available at the Positive Choice Integrative Wellness Center.
THE CHALLENGE OF ACHIEVING AND MAINTAINING A HEALTHY BODY WEIGHT

Weight loss is a challenge. Weight maintenance is an even greater challenge. The weight management programs at the Positive Choice Integrative Wellness Center include:

- extensive education on nutrition, fitness, and behavior modification;
- responsible treatment with medications when warranted;
- and long-term weight maintenance support.

However, for many people, this is not enough. A significant challenge to long-term weight maintenance is helping you identify and deal with the ways you use food to relieve stress, meet emotional needs, or avoid uncomfortable feelings. The following continuum illustrates the common emotional situations that may hinder weight loss and maintenance.

A major goal of the Positive Choice Integrative Wellness Center weight management programs is to help people become aware of the situations that stimulate overeating and to develop skills to cope with life rather than to eat in response to it. We believe awareness and coping are essential for long-term success.
MEDICALLY SUPPLEMENTED WEIGHT LOSS PLANS

FULL FASTING AND MODIFIED FASTING WEIGHT MANAGEMENT PROGRAM

Losing Weight on a Full Fast or Modified Full Fast

On a Full Fast you lose weight using NutriMed® or OPTIFAST® 800 total liquid meal replacements or a Modified Full Fast where you use the meal replacements combined with a small amount of lean protein and vegetables.

The meal replacements provide complete nutrition and allow for safe, rapid weight loss without fatigue or hunger. You take five meal replacements a day. Meal replacement flavors are vanilla, chocolate, mocha, wild berry, and also, creamy tomato and chicken soup. In addition, you have the option of consuming specially-formulated chicken broth soups twice daily. (The chicken broth is not considered a meal replacement.) The average weekly weight loss is three to five pounds.

You attend weekly group meetings (required) as you lose your weight. The weight loss phase of the program is approximately 20 weeks long with additional program weeks available if needed to meet your goal weight. The two-hour weekly meetings focus on helping you explore the reasons why you overeat and the role food plays in your life. Activities such as group discussions, creative writing, and visualization are used to help you:

- Connect life experiences to struggles with weight.
- Explore and practice effective ways of communicating.
- Become comfortable with feeling and expressing emotions.
- Develop new coping skills.

All classes will include light exercise and movement as research shows it is a crucial piece to successful immediate and long-term healthy weight management.

When you are within 10 to 15 pounds from your desired goal weight, you will begin our structured four- to six-week plan, transitioning you from using the meal replacement supplements to a full food plan. Next you will begin your year-long, pre-paid Maintenance Program. The Maintenance Program is required and begins with eight sessions, meeting once per week, followed by 11 once per month Booster sessions. Continued long-term support is also available.

A Spanish Fasting Program and a Teen Fasting Program (ages 14 to 19) are also available.

You must have a body mass index (BMI) of at least 30 to participate in a full fasting or modified fasting program. These food plans are not an option for type 1 diabetics or pregnant/breast-feeding women. Type 2 diabetics are required to start their weight loss using a full fasting program.
FASTING PROGRAM FEES
FULL FAST or MODIFIED FULL FAST

WEIGHT PROGRAM MEDICAL CLEARANCE
These two appointment clearances include lab work and an EKG at the part 1 visit and a medical assessment with a provider at the part 2 visit.

Kaiser Permanente Members
Lab work and EKG appt. Lab Co-Pay
Provider appt. Co-Pay
Non-Member $342

Note: Both Medical Clearance appointments are required before beginning program.

BODY ASSESSMENT AND PROGRAM MATERIAL FEE
Includes a pre-program body assessment, program guidebook, textbook, and post-weight loss assessment with body fat testing.

.................................................. $210

WEEKLY PROGRAM FEE
Includes medical monitoring, group session fee, and supplement for the week.*

Full Fast $125
Modified Full Fast $125

LAB WORK
Blood testing is done every other week for those on the full fast or modified full fast.

Kaiser Permanente Member
Per Lab Test Lab Co-Pay
Non-Member $20–40

**Usually a blood potassium lab test is done every other week; however, depending on individual medical histories, additional lab work could be required. Average costs per lab draw are $20–40. Complex medical histories may require additional testing and increased fees. Program participants are responsible for additional lab work fees.

MAINTENANCE PROGRAM FEE $375
Eight sessions, meeting once a week, followed by 11 once a month Booster sessions. Required fee ($375) is paid in four installments at weeks 3 ($100), 5 ($100), 7 ($100), and 9 ($75).

*Supplementation begins Session 2. The full fee is charged the first week to cover the costs involved in medically clearing each person for the fasting or partial fasting supplement. The weekly program fee is reduced to $50 when an individual is 5 to 10 pounds from goal and no longer needs to purchase the supplement.

All fees are non-refundable, including the pre-paid Maintenance fee. Payment for missed groups is required. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.
PARTIAL FASTING WEIGHT MANAGEMENT PROGRAM

In this 18-week group program you lose weight using a combination of OPTIFAST 800® meal replacements and food. On the Partial Fast plan, you have four meal replacements and one commercially prepared meal (there are over 70 commercially available frozen meals) or a self-prepared meal a day. Meal replacement flavors are vanilla, chocolate, and strawberry. The average weekly weight loss for men is three pounds, for women it is one to two pounds. This plan provides a structured, daily intake of calories and fat in controlled portions (1,000 to 1,400 cal/day).

The group's sessions focus on nutrition education and behavior modification. There is some exploration into the reasons why you overeat; however, this area is not covered as thoroughly as it is in the Full and Modified Fasting Weight Management Program. Exercise is included in all sessions.

PARTIAL FASTING PROGRAM FEES

WEIGHT PROGRAM MEDICAL CLEARANCE

This two appointment clearance includes lab work and an EKG at the part 1 visit and a medical assessment with a provider at the part 2 visit.

Kaiser Permanente Members
Lab work and EKG appt................................. Lab Co-Pay
Provider appt................................................. Co-Pay
Non-Member............................................. $342

Note: Both Medical Clearance appointments are required before beginning program.

BODY ASSESSMENT AND PROGRAM MATERIAL FEE

................................................................. $210
Includes a pre-program body assessment, program guidebook, textbook, and post-weight loss assessment with body fat testing.

18-WEEK PROGRAM

................................................................. $525
Includes weekly groups and medical supervision.
Program fee paid in two installments — $300 at group session 1 and $225 at group session 5.

LAB WORK

Blood testing is done at weeks 3, 5 and 12 for those on partial fast.

Kaiser Permanente Member
Per Lab Test..............................................Lab Co-Pay
Non-Member
**..........................................................$20–40

**Complex medical histories could require additional medical monitoring and increased lab fees.

OPTIFAST 800 MEAL REPLACEMENTS

................................................................. $65
Purchased weekly, beginning at week 2.

These program fees are non-refundable. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.
FULL FOOD WEIGHT LOSS PLAN
(Medical Clearance Appointments Not Required)

HEALTHY BALANCE - A WEIGHT MANAGEMENT PROGRAM

Healthy Balance is a 14-week program where you learn how lose weight on a specifically tailored full food plan. This food plan focuses on choosing nutrient-dense foods that have fewer calories, which allows you to eat more food and at the same time slash calories. Learning proper meal timing, as well as the pairing of different foods helps manage blood sugar levels and avoid the feelings of intense physical hunger that can lead to over eating and poor food choices. The week-by-week plan guides you each step of the way until you reach your personal weight loss goal.

Aside from education on healthy nutrition, you will also participate in mindful eating activities that will help you regain your natural intuitive ability to recognize real hunger versus unnecessary “triggered” hunger. Exercise is also an important piece of each class session, and will focus on strength training since building and maintaining muscle is key to revving up your metabolism and enhancing daily calorie burn.

Available at La Mesa, Otay Mesa, San Marcos, and Clairemont Mesa locations.

14-week Program ........................................................................................................ $140

Materials Fee .............................................................................................................$50

Fees include text book, instructional materials, and fitness band.

To enroll call Positive Choice Integrative Wellness Center at 858-573-0090.

H.E.A.T. HEALTHY EATING AND TRAINING

H.E.A.T — Healthy Eating and Training is a personalized program designed for people with smaller amounts of weight to lose. The program begins with a one-hour, one-on-one appointment with an exercise and nutrition specialist and includes a body fat test and an in-depth personalized consultation. This assessment is followed by four 45-minute individual exercise and nutrition training sessions with your specialist working on your specific fitness and weight loss goals. Additionally, you have the option of using up to two meal replacement supplements per day to facilitate weight loss (additional fees apply). Available only at the Convoy Court facility.

Five-Session Program ........................................................................................................ $425

Includes a body fat test and initial 1-hour consultation with an exercise and nutrition specialist followed by four 45-minute personal training sessions.

Optional supplement fee—varies depending on how much and which meal replacement supplement is used.

To become active in H.E.A.T. please call Norma Solomon at 858-573-5573.
Comparing the **Cost** of Weight Loss

<table>
<thead>
<tr>
<th></th>
<th>Weight Watchers™</th>
<th>Nutri-Systems™</th>
<th>Jenny Craig™</th>
<th>The Positive Choice Integrative Wellness Center Weight Management Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medically supervised, including management of medications for diabetes, hyperlipidemia, blood pressure, anxiety, depression, etc.</td>
<td></td>
<td></td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Degreed/Licensed counseling staff.</td>
<td></td>
<td></td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Multi-disciplinary educational component.</td>
<td></td>
<td></td>
<td></td>
<td>☑</td>
</tr>
<tr>
<td>Supplies weekly food.</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
<td>☑</td>
</tr>
<tr>
<td>Average weekly weight loss.</td>
<td>1.5</td>
<td>2.0</td>
<td>2.0</td>
<td>4.0</td>
</tr>
<tr>
<td>Weekly cost.</td>
<td>$90*</td>
<td>$98–$107</td>
<td>$150–$175</td>
<td>$125</td>
</tr>
<tr>
<td>Cost per pound lost.</td>
<td>$61.22/lb.</td>
<td>$49–53.5/lb.</td>
<td>$75–$87/lb.</td>
<td>$31/lb.</td>
</tr>
</tbody>
</table>

*Includes the average weekly cost of food for a woman in a family in the U.S. per Department of Labor Statistics 2006 (does not include cost of meals eaten at restaurants).

Jenny Craig and Nutri-System fees are calculated by including $25 for the cost of added fruits, vegetables, and dairy in addition to the weekly fees for entrées and snacks.
IMPORTANT ADDITIONAL PROGRAM INFORMATION

- Weight management programs are offered at the Positive Choice Integrative Wellness Center located at 7035 Convoy Court in Clairemont Mesa; at the Bostonia Kaiser Permanente Medical Offices at 1630 E. Main Street, El Cajon; at the Otay Mesa Outpatient Medical Center at 4650 Palm Avenue, San Diego; and at the San Marcos Kaiser Permanente Medical offices at 400 Craven Road, San Marcos.

- All the Positive Choice Integrative Wellness Center programs and services are available to Kaiser Permanente members and non-members. The weight programs described in this book are for people 18 years or older. The Positive Choice Integrative Wellness Center has a separate Teen Weight Management Program for ages 14 to 19 and a Spanish Weight Management Program for the Latino community. Information on the Teen and Spanish Weight Programs are available at the Positive Choice Integrative Wellness Center (858) 573-0090 or on-line at www.positivechoice.org.

- All group counselors have either a master’s degree or doctorate in psychology/counseling, nutrition, exercise physiology, education, public health, or a related field. Many are licensed therapists.

- Each person signs up for a specific group and remains with that counselor and that group until it ends. If someone’s schedule changes, or a person requires additional meetings to continue losing weight, a group transfer can be arranged.

- Full Fasting and Modified Fasting Program group meetings are offered on Mondays, Tuesdays, Wednesdays, and Thursdays. The majority of groups are offered in the evening, but there are some morning and afternoon groups. (At this time, there are no morning or afternoon groups offered at Bostonia, and no morning groups offered at Otay or San Marcos.) Every month new groups are started; days and times vary.

- The Partial Fasting Program is offered only in Clairemont Mesa. Individuals who prefer a morning group have the option to do the modified full fast in a morning Fasting Program group. The Healthy Balance Program is offered in San Marcos, Clairemont Mesa, Otay Mesa, and La Mesa.

- Payment for missed groups in all programs is required.

- People who actively participate in the program are the most successful. It is for this reason that group attendance is required.

- Friends, family members and significant others must enroll in separate groups. Experience has shown when family members or friends participate in separate groups their success is much greater. In addition, we require co-workers to choose separate groups.

- People can purchase an extra box of supplement to have on hand in case of emergency.
- MasterCard, Visa, American Express, and personal checks are accepted. When paying in cash, **exact change** is appreciated.

- Specially formulated chicken broth soup is available for anyone. In most cases it is optional; however, some medical conditions will require certain people to use the broth. The charge for a box of broth containing 10 servings is $7.

- People who are using the full fast weight loss plan may need to take a fiber supplement in addition to their shakes. There are several commercial products that work well with the full fast product and you will receive information in your group about which ones are appropriate for use with the full fast. You have the option of purchasing a fiber product called NutriSOURCE Fiber® at the Positive Choice Integrative Wellness Center. NutriSOURCE Fiber is different from most other fiber supplements because it easily dissolves in water and is tasteless. The fee for a can of NutriSOURCE Fiber is $13 (approximately a two-month supply).

- People who are following the full fast, modified full fast, or partial fast weight loss plan need to arrive 30 minutes before their group each week to allow themselves time to check in with the nursing staff, do lab work (when needed), and order and pay for their weekly supplement.

- All program fees are non-refundable including the prepaid Maintenance fee.

- Although the need to raise prices occurs infrequently, when product and/or operating expenses go up, fees may need to be increased to cover costs.

- Enrollment in the medically supplemented Weight Management Programs requires that each person complete and turn in several pre-program questionnaires which you are given upon the scheduling of your part 1 pre-program medical assessment appointment during the information session. Please bring the completed forms to your part 1 appointment so as not to delay your enrollment in your weight loss program.
COMMONLY ASKED QUESTIONS

1. **Are there physical benefits from losing weight besides just looking and feeling better?**
   There are many health benefits associated with weight loss. This question can be best answered by sharing the results of statistics obtained on the Positive Choice Integrative Wellness Center program participants:

   **Hypertension**
   - A sampling of 400 hypertensive people showed that after weight loss, 40% were able to discontinue all medication and had normal blood pressure.
   - Thirty percent were able to decrease the dosage of blood pressure medication and had achieved better blood pressure control.
   - Another 30% experienced no change in their blood pressure, indicating that the cause of their hypertension was not weight related.

   **Diabetes**
   - Out of 320 participants with diabetes, many of whom were on medication, 74% had normal blood sugar levels and required no medication to manage their diabetes after completing the Weight Program. (The full fast is not an option for people with type 1, insulin dependent diabetes; the partial fast is not an option for people with type 1 or type 2 diabetes.)

   **High Blood Cholesterol**
   - Ninety-three percent of those who had high blood cholesterol levels dropped on the average from 285 to 204 — an 81 point reduction.
   - The remaining 7% of the individuals with high blood cholesterol saw no decrease in their blood cholesterols, indicating that the cause of their high blood cholesterol was not diet related.

2. **Is a full liquid fast medically safe?**
   When medically supervised, the use of a full liquid fast is safe and effective for weight loss. The Positive Choice Integrative Wellness Center has been using the fasting and partial fasting supplements as weight loss tools since 1980. Since that time, over 30,000 people have lost weight using a supplement. Many of these people were medically high-risk patients who were middle-aged or older, hypertensive, and often have a history of cardiovascular disease and/or diabetes. Despite treating many high-risk patients, we have never had an injury or death related to using the supplements.
3. **While on the full fast or partial fast, will I feel weak or fatigued?**
No. The full fast and partial fast liquid meal replacements are designed to provide complete nutrition and stimulate your body to derive most of your caloric needs from your body’s fat stores. While on a full fast or partial fast there is no caloric deprivation. Instead there is a shift from deriving your calories from food to deriving your calories from the fat stores in your body. This process, which is unique to a liquid supplemented fast, eliminates hunger and fatigue.

4. **Is rapid weight loss bad for you?**
Rapid weight loss using full fast meal replacements in combination with medical supervision is safe and healthy. On the other hand, rapid weight loss produced by un-supplemented fasting or fasting with inferior products can impair your health. Losing weight rapidly by using an inferior product or by un-supplemented fasting is achieved by the body partly using lean muscle tissue as a source of fuel. This not only jeopardizes your health but also makes weight maintenance difficult. The products are formulated to protect lean muscle mass and to use fat stores as fuel, thereby eliminating these risks.

5. **Will dieting cause my metabolic rate to slow down and make it harder to maintain my weight?**
There is a small decrease in metabolic rate that occurs late in major weight loss regardless of the diet plan used. It is temporary and the metabolic rate will return to normal as calories increase. This slight, temporary decrease in metabolic rate is not the cause of weight regain and has nothing to do with your ability to maintain a weight loss. Sometimes very low calorie diets can lead to muscle loss. Losing muscle can lead to less calories burned overall in the day during basic daily movement. It is strongly encouraged that you participate in some form of resistance training to minimize muscle loss while participating in a very low calorie diet program. Research shows it is possible to maintain and even gain muscle strength while on a very low calorie diet.

6. **Are there negative side effects using a full fast weight loss plan?**
Most people using the full fast product experience no negative side effects at all. A small number of people experience minor and temporary hair thinning during the weight loss phase. Like the temporary hair loss that often occurs during pregnancy, this is completely reversible. In some cases, the full fast can lead to an increase in uric acid levels. People with a history of gout are monitored carefully so that appropriate treatment can be initiated, if needed.

7. **Does using a fasting supplement cause gallstones?**
Gallstones occur when the amount of cholesterol present in the gallbladder is greater than what can be dissolved into the bile. A high fat diet is the most common reason for passing such large amounts of cholesterol into the bile.
A high fat diet is the primary cause of obesity; therefore, gallstones are almost always seen in people who are overweight.

Anyone losing weight does so by metabolizing their body fat. This results in increased cholesterol being passed into the bile, just like a high fat diet. This may either aggravate preexisting gallstones or occasionally produce new ones. The risk of a gallstone attack during the weight loss phase remains surprisingly small. One in seven hundred of Positive Choice Integrative Wellness Center participants has experienced a gallstone attack during the weight loss phase and most of these had previously diagnosed gallstone conditions.

Additionally, pancreatitis, an infection in the bile ducts, may be associated with gallstones. The symptoms of pancreatitis include pain in the left upper abdominal area, nausea and fever. Pancreatitis may be brought on by binge eating or consuming a large meal after a period of dieting.

8. **How do antidepressant/weight loss medications work?**
   These medications work by changing the concentration of neurotransmitters (i.e., noradrenalin and serotonin) in the brain; this increase is thought to be responsible for the increased sense of well being, along with for some, a decrease in appetite. However, these medications are **not** magic. Our experience has shown that some people, for the first time, are able to break the cycle of overeating while others find the medications to be of little or no help in curbing their eating behaviors. These medications are useful only in conjunction with significant advances in self-awareness, changes in diet, and regular exercise. On their own, the medications will not make you thin.

9. **I have an indemnity insurance plan and/or a flex account. Will that plan reimburse me for any of the program fees?**
   Most insurance carriers will reimburse for some of the program fees. What is often required is a copy of all your receipts and a letter from the Positive Choice Integrative Wellness Center listing fees paid and the services rendered. We will be happy to supply the letter if you have all of your receipts. (The dollar amount in the letter must match the receipts.) **Before you begin the program, contact your insurance carrier to determine what their requirements are and what your coverage includes. It is a good idea to get this in writing. You will need to save all your receipts as we do not keep copies of them and do not have billing staff.** Since we don’t normally break down the fees (product and program), you will need to ask the receptionist to do this each time you check in. Your reimbursement is between you and your flex or insurance account. **We cannot guarantee you will be reimbursed** even though you submit the receipts and a letter from the Positive Choice Integrative Wellness Center that includes the typical information requested from insurance companies and flex account administrators.
10. **May I declare any part of this program as a tax deduction?**
The IRS recognizes obesity as a medical condition, and permits weight loss programs to qualify as a medical deduction under Section 213 of the tax code. Currently taxpayers with medical expenses in excess of 7.5% of adjusted gross personal income may take a deduction on individual taxes. Individuals who have a Medical FSA may use their current year plan to pay for eligible weight loss expenses. You are responsible for saving copies of your receipts if you choose to take this deduction. Due to continual tax code revisions, consult your tax professional to verify eligibility.

11. **Once I lose my weight, what can I do to ensure I keep it off?**
There are four crucial steps to successful weight maintenance. The stronger your commitment to each of these areas, the more likely you are to maintain your weight:

- Participate in group meetings at the Positive Choice Integrative Wellness Center and follow through with recommendations made by program staff about addressing the reasons you overeat (e.g., de-stress, relieve negative feelings, avoid sexual threat, experience joy, contentment, etc.).
- Stay active at the Positive Choice Integrative Wellness Center or regularly attend a structured support system (12-step group, counseling, etc.) after completing the Positive Choice Integrative Wellness Center Maintenance Program.
- Keep an awareness of when and what you eat. This can be done most successfully by planning meals and snacks ahead of time or by keeping food records of what and how much you eat.
- Maximize calorie burning by moving more and sitting less. Cardiovascular exercise will teach the body how to burn fat as a fuel and strength training will rev the metabolism and keep overall calories burn high. Exercise has also been proven to be an effective way to manage stress, decreasing the need to use food to relax.
- Some people find it easier to maintain their weight loss if they use the supplement on an ongoing basis as either a meal replacement for one meal a day such as breakfast or as their morning or afternoon snack.

12. **What other support options are offered at Positive Choice?**
Some of the ways we offer support in addition to the Weight Management programs include:

- Counseling for weight-related issues.
- Additional reading recommendations.
- **Solutions — Food Addiction Recovery Program.** This 12-week program helps people stop overeating and bingeing episodes, while helping them to understand the physiology behind compulsive overeating. People learn strategies and techniques to overcome food urges.
• Fitness services which include fitness assessments, exercise and nutrition consultations, personal training, exercise memberships, and exercise classes in yoga, and muscle toning.

• **Ask the Dietitian** — Free sessions with a dietitian to answer nutrition and weight loss questions. All sessions are at the Clairemont Mesa facility on Mondays, Wednesdays, and Thursdays, 5 to 5:30 p.m. and Tuesdays 11:45 a.m. to 12:15 p.m. and 5 to 5:30 p.m. No appointment is necessary.

• **Positive Choice Integrative Wellness Center Seminar Series** — The Positive Choice Integrative Wellness Center hosts free activities and seminars that promote healthy lifestyles every month throughout the year. Call for a current activity schedule. (858) 573-0090 or visit positivechoice.org.

13. **When should I begin an exercise routine and what fitness options are available at Positive Choice?**
   You may already have an exercise routine. If not, we encourage you to begin one now. If you are looking for support in this area, here are some possibilities:

• **Fitness Assessments**
  The Positive Choice Integrative Wellness Center offers personalized fitness assessments which include measurements for cardiovascular fitness, muscular strength and endurance, flexibility, and body fat. A consultation with a fitness specialist, a fitness information packet with individualized data and a personalized exercise plan are also included in this assessment.

• **Exercise and Nutrition Consultations**
  Exercise and Nutrition consultations are individually tailored to the specific needs of each person. These appointments can be used to develop a safe and effective exercise plan, or to address specific exercise and nutrition needs, or as a session(s) with a personal trainer.

• **Personal Training**
  Personal training packages are available with a fitness specialist to help you develop a challenging workout and stay motivated.

• **Exercise Membership**
  The exercise room at the Positive Choice Integrative Wellness Center is equipped with free weights, two treadmills, three exercise bikes, and an elliptical trainer. Membership includes a personalized exercise prescription and training plan developed by a fitness specialist. The exercise room is open Monday through Thursday, 8 a.m. to 6:30 p.m., Friday, 8 a.m. to 4 p.m.
• **Yoga Classes**
  This ancient art form combines physical posturing which stretches and relaxes the body with deep breathing and meditation. Even after only one session people experience increased energy, relaxation, better circulation, greater flexibility, and body strength.

• **Muscle Toning**
  Build a stronger, healthier body using light weights, bands, and fitness balls to strengthen, tone, and firm muscles.

14. **Will fasting cause me to binge?**
   No. Binge eating is a psychological disorder. “The causes of binge-eating disorder are unknown. But family history, biological factors, long-term dieting, and psychological issues increase your risk.”

15. **Will I need to take in extra calories if I am healing from surgery or have a strenuous job?**
   If it is determined by our medical staff that you need extra calories, your meal replacements can be modified to accommodate increased caloric needs. Often this is done using the Modified Full or Partial Fasting meal replacement OPTIFAST 800® products. OPTIFAST 800® produces similar weight loss results to the NutiMed® Full Fasting meal replacements even though the calories are higher.
HOW TO ENROLL

☐ Read through this information booklet.

☐ Schedule and attend the Positive Choice Integrative Wellness Center Weight Program Information Session.
   Come to the Information Session knowing your schedule and when you can make appointments.

☐ Schedule and complete your Weight Program Medical Clearance appointments (1st appointment, Lab and EKG; 2nd appointment — meet with our medical provider to go over your results) and a Body Assessment Appointment. These three appointments are only available at the Convoy Court Positive Choice Integrative Wellness Center.

   You will have the opportunity to schedule the first of your three appointments required to start the program at the program information session. The two remaining appointments (2nd Medical Clearance appointment and Body Assessment) will be scheduled for you at the time of the 1st Medical Clearance appointment.

   If you attend an information session and need time to think about our program before making a commitment, you may call us at anytime to make your appointments.

Congratulations!

After completing these steps, you will be enrolled in the Weight Management Program. We look forward to supporting you in your wellness efforts.
From I-5
Take the I-5 to Highway 52 East.

Follow Highway 52 East to I-805 South.

Exit East on the Clairemont Mesa Blvd. exit.

Go to the first light and take a left-hand turn onto Shawline.

Go one block to the stop sign. At the stop sign make a left-hand turn onto Convoy Court.

The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court

From I-805
Take the I-805 to Clairemont Mesa Blvd. East exit.

Go to the first light and take a left-hand turn onto Shawline.

Go one block to the stop sign. At the stop sign make a left-hand turn onto Convoy Court.

The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court

From I-15
Take the I-15 to Highway 52 West.

Follow Highway 52 West about one mile to the Convoy Street exit.

Go south (left) on Convoy Street.

The second light is Convoy Court.

Make a right-hand turn onto Convoy Court and go several blocks.

The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court
Take I-8 to El Cajon.
Take the Greenfield exit (North – left at light).
Turn left on East Main Street (second signal).
The building is on the corner of East Main Street and Broadway.

1630 East Main Street
El Cajon, CA
Third floor in the Department of Psychiatry
Directions if you are southbound:

805 South

• Exit Palm Avenue in Otay Mesa area.  
  (Note: *Do Not* exit the Palm Avenue in National City.)

• Make a left onto Palm Avenue.

• Medical office is on left-hand side of street—make a left onto Dennery Road (light) then left into parking lot at the first light.

• Go to Building A. The clinic is located on the first floor.

Directions if you are northbound:

805 North

• Exit Palm Avenue.

• Make a right onto Palm Avenue.

• Medical office is on left-hand side of street—make a left onto Dennery Road (light) then left into parking lot at the first light.

• Go to Building A. The clinic is located on the first floor.

Otay Mesa
4660 Palm Ave., Bldg. A
San Diego, CA 92173
San Marcos Medical Offices—Building 4
400 Craven Road.
San Marcos, CA 92078

Directions:
Take Highway 78 to the Twin Oaks Valley Road exit and go south. Turn right on Craven Road. The medical offices are located on the right. Go to Building 4, 1st floor, Gastroenterology Department.