



Our Program



- Structured meal replacement plan with health educator guidance
- Support every step of the way



Weekly, group based lifestyle education classes via Zoom



Many class offerings:

Monday at 12 PM or 6 PM
Tuesday at 5:30 PM
Wednesday at 6 PM



Smart Body Scale + Mobile App
(free w/ program purchase!)



Lifestyle Maintenance Course

Continued support once program is completed

5-3-2-1 PLAN



Focus of program education:

- 6-months of weekly group weight management education delivered remotely via Zoom.
- The focus of the classes is long-term sustainable recommendations for maintaining nutrition and exercise habits including: portion control, healthier eating, exercise motivation, and etc.

Program Goals:

- Meal Plan: 5 servings of fruits and vegetables, 3 protein shakes + 2 protein bars (Numetra brand) + 1 nutritious meal
- Exercise Plan: progress to at least 150-300 minutes of intentional exercise per week plus aiming for 10,000 steps per day
- Self-Monitoring: daily tracking of nutrition and exercise behaviors + weekly weight

Program Cost:

- Subscribe for \$85/month or pay for the 6 months in full (cost of Numetra products not included)
- Use Code: NEW10 for 10% off programs paid in full! (\$459)



NEXT STEPS



[Complete program membership fee:](https://myclinicshop.com/ku-weight-management/)
myclinicshop.com/ku-weight-management/



Use coupon code **NEWSCALE** for a free scale with your Phase 1 program.

You will receive an **email** from weightloss@kumc.edu to get you set up for a program orientation within 2 business days.

Instructions will be providing for purchasing your first food order, attending class, and receiving your weight management book.

****After 1st 6 months is completed: A lifestyle maintenance course is offered to provide continuous support of long-term lifestyle changes****



CONTACT



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