

## **Weight Management Program now offered at Mammoth Hospital**

By Rita Klabacha, MS, Exercise Physiologist

The Mammoth S.P.O.R.T. Center is pleased to announce a new medically-based weight management program being offered to the community. The 12-week program is geared toward life-style changes for healthy, long-term weight management and provides participants tools and education that will build a foundation for lifelong healthy habits. This program can be started at any time and is individualized for every participant. The program is under the direction of Dr. Richard Price, M.D. Dr. Price is the Medical Director of performance, rehabilitative, and therapeutic services at the S.P.O.R.T. Center.

Baseline testing is performed to screen for medical risk factors and to provide benchmarks for improvement, and includes: a resting metabolic rate test using gas analysis, a sub-maximal exercise test, fasting cholesterol/lipid panel, resting blood pressure measurement, cardiac risk factor assessment, body composition, and body mass index. A resting EKG may be required based upon age criteria or initial health screening.

Each participant will spend two hours with the hospital's exercise physiologist, Rita Klabacha, M.S. Rita will perform the baseline measurements and provide a customized exercise prescription and recommendations based upon the test data. S.P.O.R.T. Center physical therapists have provided general guidelines for stretching, footwear, and injury prevention. A separate appointment may be set up with one of the center's physical therapists for individuals who need to address specific musculo-skeletal questions, biomechanical issues, and orthotic testing.

The participant will also spend an hour with Mammoth Hospital's registered dietitian, Pam Mason, R.D. Pam will examine a three-day food log submitted by the participant and provide the individual with a nutrition assessment and prescription for healthy weight loss based on caloric needs determined by the resting metabolic testing.

Accountability, support, and follow-up are provided on a weekly basis. Meetings of past and current participants will be scheduled. The participant can also choose to have us share information with a trainer, coach, or referring physician.

In addition, participants are invited to attend one of many educational classes on health, wellness, fitness, and nutrition that are being scheduled and will be offered free to the community.

Please call 934-7302 for more information or to schedule your free initial consultation.