

Mammoth Hospital's Weight Management Program

By, Rita Klabacha, Exercise Physiologist

The Mammoth S.P.O.R.T. Center's medically-based weight management program is a 12-week program geared toward life-style changes to help participants incorporate healthy eating habits and consistent exercise leading toward long-term weight management. It provides participants tools and education that will build a foundation for lifelong healthy habits. 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.

Baseline measurements are conducted by the S.P.O.R.T. Center's exercise physiologist, Rita Klabacha, M.S. Rita uses the results of the baseline testing to provide a customized exercise prescription and other recommendations specific to the individual participant.

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.

Participants meet every Monday night at 6pm for accountability, support, and follow-up. The next session begins Monday June 4th with signup required by May 25th.

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