



Have you lost extra pounds... only to find them?

- Is weight loss on your mind, but you have no plan?
- Do you have trouble staying motivated?
- Atkins, South Beach, Grapefruit, Cabbage, Zone... do diets really work?

**If you answered yes to any of these questions,
the PCSB Wellness Team is here to help!**

L.O.S.E. (Lessons on Sensible Eating) activities provide personalized weight loss assistance from nutrition, fitness and behavioral health professionals. Participants may choose between two comprehensive plans that contain the keys to lifelong weight management.

L.O.S.E. Plus includes a 7-step approach to permanent weight loss, including biometric screenings, required weekly educational sessions, incentives, relapse prevention and on-going personal evaluation.

L.O.S.E. TOO includes biometric screenings, required weekly educational sessions through a commercial weight loss program (i.e., Weight Watchers, Jenny Craig, or TOPS) and incentives.

Minimum Qualifications

*Body Mass Index (BMI) of ≥ 27 or ≥ 25 with one or more health risks such as hypertension, lipid disorders, stroke, diabetes, heart disease, sleep apnea and osteoarthritis.

*To calculate your BMI visit: <http://nhlbisupport.com/bmi/>

For more information about L.O.S.E., please call 648-3057.