



JUMPSTART YOUR HEALTH

with Group Lifestyle Balance™

What is Jumpstart Your Health?

Jumpstart Your Health is a year-long lifestyle change program designed to help people lose weight, increase activity and prevent disease. **Jumpstart Your Health** utilizes Group Lifestyle Balance™, a research-based curriculum that helps individuals make lasting lifestyle changes to prevent diabetes, cardiovascular disease and develop healthy lifestyle habits.

What to expect

- ▶ Virtual, 1 hour group classes with a registered dietitian/trained lifestyle coach
- ▶ 22 total classes over the one-year program (beginning weekly, then tapering to monthly)
- ▶ Education on nutrition, physical activity and behavior modification
- ▶ Self-monitoring of weight, food and activity
- ▶ A trained lifestyle coach to help guide and encourage you
- ▶ Support from other participants with the same goals as you

Are you a candidate?

Jumpstart Your Health is for anyone over the age of 25 looking to lose weight and take charge of their health. A one year commitment is required. Attendance at class is a key indicator of success in the program.

How much does it cost?

The one year program fee is \$249*. This includes:

- ▶ 22 wellness classes with a registered dietitian/trained lifestyle coach
- ▶ Program binder with course curriculum

*May be eligible for FSA/HSA reimbursement. Not covered by most insurance.

How to sign up

Please visit us online at EEHealth.org/classes-events/classes-for-you or call (630) 527-6363 to sign up for one of our **Jumpstart Your Health** virtual information sessions. Attendance at a virtual information session is required before starting **Jumpstart Your Health**, so you can learn more about the program and what to expect in the year ahead.

Your roadmap to better health.

Healthy Driven
Edward-Elmhurst
HEALTH