

# The Change Program



The goal of the CHANGE program is to help individuals who meet the criteria for metabolic syndrome improve their short and long-term health through an individualized health and wellness program. Patients are supported to sensibly incorporate small dietary changes and increased exercise levels into their lifestyle over one year. A slow and steady approach allows individuals to more easily integrate improved healthy behaviors and actions into their lives---sustain the changes and continue to improve their health long after the program has finished.

Participants attend both group and individual sessions that are focused on gradually developing a healthy relationship with food in a balanced and flexible way and improving one's physical endurance, mobility, and strength. Group sessions will be held at the local YMCA. One-on-one sessions will be held at the clinic.

Research shows that changes in nutrition and fitness can improve overall health and well-being regardless of weight loss. Many individuals would like to make changes but don't know how to get started and struggle with long term success. The CHANGE program provides patients with the direct support of their physician our registered dietitian, and kinesiologist. Change is possible!

Interested in participating? Speak with your healthcare provider to learn more and find out if you qualify!

- You may have the metabolic syndrome if 3/5 of the following apply to you:
- High fasting blood sugars or have diabetes
- High blood pressure
- High levels of triglycerides in your blood
- Low levels of good cholesterol
- A large waistline

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Recruitment for this program is currently underway and is limited to Central Brampton Family Health Team patients

