



MyWay to a Healthy Weight Program Information

Program Eligibility

- The program is FREE to all benefits-eligible Washington University employees
- The employee participant must have a BMI of 25 or greater in order to participate
- The employee participant must have a desire to lose weight
- The employee's primary care physician must sign a waiver to participate

Program Description

- Personalized, flexible and supportive approach
- Successfully helps adults lose weight and maintain their weight loss
- Recommendations backed by over 30 years of research
- Dedicated Registered Dietitian helps participants create an action plan to achieve healthy eating and physical activity goals

Program Structure

- 12-month program
 - 3 months of individual/family weekly sessions
 - 3 months of small group sessions
 - 6 months of weekly support via email and monthly support groups

What will it be like to participate in the MyWay to a Healthy Weight Program?

- The MyWay to Health weekly behavioral goals include:
 - Weigh at home twice per week
 - Plan meals and snacks in advance (breakfast, lunch, dinner, and up to two snacks)
 - Log all foods and beverages eaten
 - Eat within the established calorie range for weight loss:
 - 1,200 - 1,600 calories per day
 - Reduce unhealthy foods
 - Increase fruits and vegetables
 - Increase physical activity
 - Reduce sedentary activity
- Participants will develop skills to navigate healthy eating and physical activity challenges through all seasons, holidays, and high-risk situations
- Healthy changes are encouraged across all areas of life:
 - Learn the importance of creating a healthy home environment by having healthy foods readily available and setting limits on unhealthy foods and screen time
 - Identify friends or co-workers that will support physical activity endeavors
 - Explore community resources to support healthy behaviors

How to Get Started

- Email MyWaytoHealth@wustl.edu to get on the waitlist
- New enrollments take place in January, April, July, and October
- Capacity is limited, participation is subject to availability