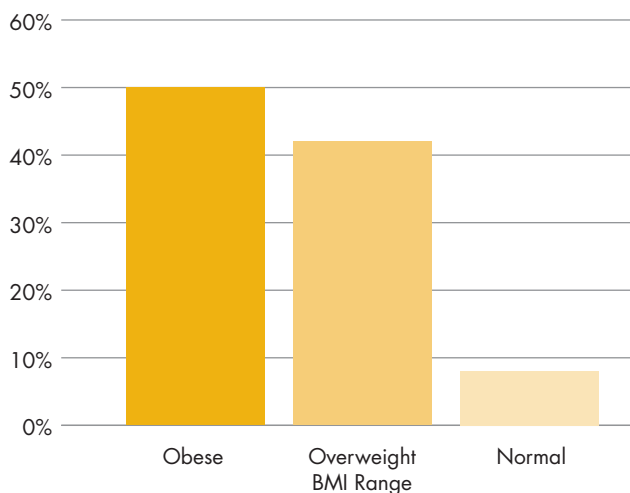




# STRIVE FOR OPTIMAL HEALTH GROUP PROGRAM

<b>WHO</b>	Hotel in Pentagon City
<b>WHAT</b>	<p>The Strive for Optimal Health program, offered at a Hotel, included weekly group classes and 1:1 nutrition counseling sessions taught by a Registered Dietitian (RD) to provide a mix of expert-delivered information and motivational support</p> <ul style="list-style-type: none"> <li>• Seven, 1 hour group classes</li> <li>• Three, 30-minute nutrition counseling sessions per participant</li> <li>• Program workbooks and wellness plans for each participant based on their personal profile</li> <li>• Access to the RD via email throughout program</li> <li>• Pre and post lifestyle questionnaire used to assess outcomes as a supplement to anthropometrics</li> </ul>
<b>WHEN</b>	Ten week program – 3/27/2013 to 6/12/2013
<b>WHY</b>	<p>93% of participants began the program with an above “normal” BMI range</p> <ul style="list-style-type: none"> <li>• 50% of participants had a BMI over 30, falling into the “obese” range</li> <li>• 43% of participants had a BMI over 25, falling into the “overweight” range</li> <li>• 7% of participants started the program in the “normal” BMI range</li> </ul> <p>Overweight and obese individuals are at increased risk for many diseases and health conditions, including: Hypertension, Dyslipidemia, Type 2 Diabetes, Stroke, and Coronary Heart Disease.</p>

## PROGRAM PARTICIPANTS BY BMI RANGE





## **STRIVE FOR OPTIMAL HEALTH GROUP PROGRAM**

### **OUTSTANDING RESULTS:**

#### **WHAT PARTICIPANTS HAD TO SAY:**

##### **Of the participants who completed the pre and post lifestyle questionnaire**

- One hundred percent reported that they were somewhat confident in reaching a healthy weight, indicating a change in the initial questionnaire!
- One hundred percent reported a high level of confidence in participating in regular physical activity 3 or more days a week, indicating a change in the initial questionnaire!

#### **WHAT THE NUMBERS SAID:**

**Pounds lost program-wide: 58.6**

- Most pounds lost by a participant: 10.2

**Percentage body weight lost: 30%**

**One hundred percent of participants reduced waist circumference**

**Two participants who began the program classified as "obese" reduced their BMI to the "overweight" range!**

**One participant who began the program classified as "overweight" reduced their BMI to the "normal" range**