

.Point of Balance

Balancing Nutrition and Exercise for Healthy Living and Weight Management

Health Zone is offering a comprehensive weight-loss program for adults called Point of Balance. This 12-week program offers 26 sessions designed to help participants lose weight, develop good nutrition habits and increase physical activity. The program begins with a health assessment followed by regular sessions every Tuesday and Thursday. Participants will be retested in their final session at the end of the program to compare the results. Point of Balance sessions are held in the spring and fall.

The assessment sessions are separated into three components and consist of the following:

Registered Dietician

Resting metabolism testing

Behavior Modification Therapist

Weight loss readiness assessment

Exercise Specialist

Health Risk Screening

- Blood pressure
- Cholesterol/Glucose
- Body composition
- Limiting health conditions

Fitness Testing

- Exercise history
- Endurance
- Strength
- Flexibility

Participants with two or more cardiovascular risk factors will be required to obtain a medical release from their physician or take a treadmill test (at an additional cost) to begin the program.

Format for Tuesday and Thursday sessions:

5:30 – 6:00 p.m. – Various topics on nutrition and behavior modification will be presented in a group session.

6:00 – 7:00 p.m. – A group of 16 participants will be divided into four small groups. Each group will be supervised through an exercise routine by its own instructor.

Participants who are not members of Health Zone will be issued a guest pass to use the facility for aerobic exercise.

Program Cost

The total cost for the Point of Balance program is \$425 (\$16.34 per session) for members and \$495 (\$19.04 per session) for non-members. Make checks payable to Health Zone at the time of enrollment. Due to limited program space, each participant must make a firm commitment to the program and acknowledge that the program fees are non-refundable. To enroll or for more information, please call Jennifer Duley at (918) 494-8263.



www.saintfrancis.com