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Since 1981, the Positive Choice Integrative Wellness Center has had the great opportunity to help tens of thousands of people achieve significant weight loss, fitness, and improved health. This experience has allowed us to create some of the most comprehensive weight management programs available in the nation today.

You may wonder what the years have taught us about weight loss and how we have incorporated this knowledge into our programs. In general it takes these components for long-term successful weight loss and maintenance.

- An awareness of eating habits and a healthy, balanced food plan.
- A non-judgmental and encouraging support network.
- An opportunity to develop new skills and problem solve.
- A moderate and consistent exercise routine and active lifestyle.
- An awareness of the situations that stimulate overeating and development of skills to cope with life rather than to eat in response to it.
- Long-term maintenance support.

We recognize individual needs for weight loss and we accommodate those needs by providing several different programs and weight loss food plans. Please read this booklet to better understand the choices available at the Positive Choice Integrative Wellness Center.

We hope you will choose one of our weight management programs and allow us to help you with your weight loss efforts. We look forward to working with you.

# CONTENTS

Weight Loss Support Options .....	2
H.E.A.T. (Healthy Eating and Training) .....	3
Healthy Balance Full Food Program .....	3
Partial Fast Program .....	4
Full (and Modified) Fast Program .....	5
Full Fast Program Fees .....	6
Important Additional Program Information.....	7
Commonly Asked Questions.....	9
How to Enroll .....	13
Maps to Group Locations.....	14

*Stay connected, follow us on Facebook, Twitter, or Instagram. We do weekly health blogs, send out notice about our free wellness seminars, exercise classes, new program offerings, and Facebook live Nutrition/Fitness Virtual Forum.*

**positivechoice.org**



**Revised: 6/21/2017**

## WEIGHT LOSS SUPPORT OPTIONS

### **Nutrition/Fitness Forum**

Walk-in question and answer sessions with a fitness/nutrition expert are available to you at several Kaiser Permanente locations. These walk-in sessions are a great tool for weight loss, healthy eating, and fine-tuning your workout routines. There is no fee and everyone is welcome. You do not need to be a health plan member to participate.

#### **Positive Choice Integrative Wellness Center**

7035 Convoy Court, SD 92111

Mondays thru Thursdays, 5 to 5:30 pm; Tuesdays 11:45 am to 12:15 pm, Room 7.

#### **Kaiser Permanente San Marcos**

1st and 3rd Thursday of the month, 6 to 6:30 pm, Building 4, Room B.

#### **Kaiser Permanente Otay Mesa**

Mondays 5 to 5:30 pm, Building 4, Room 3.

#### **Virtual Nutrition/Fitness Forum**

Live on Facebook on Thursdays. Friend *Positive Choice* on Facebook and connect with our team live on Thursday noon to 12:30 pm. If you miss the live forum you can watch the forum later in your Facebook feed.

### **Mom's Meals NourishCare®**

Fresh meals delivered in a cooler to your door. Over 75 entrees to choose from. Includes vegan, vegetarian, gluten free, diabetic friendly, cancer support, low sodium, and heart friendly options. The diabetic meals are typically 500 calories per meal and depending on the person this may be a fit with the food plans used in the H.E.A.T. or Healthy Balance Full Food Program. Kaiser Permanente members receive discounted price and free shipping. Kaiser Members visit [MomsMealsNC.com](http://MomsMealsNC.com) or call (888) 860-9424. Non-members call (877) 508-6667 or visit [MomsMeals.com](http://MomsMeals.com).

### **Wellness Coaching by Phone**

Work with a live coach over the phone on a specific health goal in the convenience of your home. Choose to work on *losing weight, eating healthy, managing stress, getting active, or quitting tobacco*. No fee. Available only to members of the Kaiser Permanente health plan. Call to get started, (866) 862-4295.

## H.E.A.T. — Healthy Eating and Training

Receive nutrition coaching and lose weight while working with a personal trainer. H.E.A.T. begins with a one-hour, individual appointment with a personal trainer and includes a SECA Body Composition measurement of body fat/muscle mass/water content testing. You will work with your trainer to develop a personalized weight loss food and fitness plan. This assessment is followed by four, 45-minute individual personal training/nutrition sessions working on your specific fitness and weight loss goals.

H.E.A.T. is offered only at the Positive Choice Integrative Wellness Center located in Clairemont. You do not need to come to an Information Session or complete a medical clearance appointment to enroll. Simply call the Positive Choice Integrative Wellness Center or you may call our head trainer directly at (858) 573-5573.

Initial Consult, SECA Body Composition test, and 4 personal training sessions.....\$425

You may choose to use one to two OPTIFAST 800® meal nutritional supplements per day as part of your H.E.A.T. food plan. The fee for the meal replacements is separate. One box of OPTIFAST 800 is \$22 and contains seven servings.

## HEALTHY BALANCE — Full Food Weight Management Program

Lose weight on a food plan that focuses on choosing nutrient-dense foods, cleansing vegetables, high quality proteins, low glycemic fruits, probiotics, healthy fats and high fiber grains and beans.

In this 16-session program. You meet weekly in a group setting and learn proper meal timing, as well as the pairing of different foods that help manage blood sugar levels and avoid the feelings of intense physical hunger that can lead to over eating and poor food choices. The week-by-week plan guides you each step of the way until you reach your personal weight loss goal.

The weekly group sessions include practice of relaxation, meditation, and mindful eating activities that will help you regain your natural intuitive ability to recognize real hunger versus unnecessary *triggered* hunger. Exercise is incorporated into each class session, and focuses on strength training and building muscle as this is key to stimulating your metabolism and enhancing daily calorie burn.

Programs are available at the La Mesa, Otay Mesa, San Marcos, Oceanside and Clairemont Mesa Medical Buildings. Programs in Spanish are available at the Otay Mesa and Oceanside Medical Buildings. You do not need to come to an Information Session or complete a medical clearance appointment to enroll. Simply call the Positive Choice Integrative Wellness Center at (858) 573-0090.

**16-week Program** .....\$160

**Material/Enrollment Fee** .....\$50

## PARTIAL FAST WEIGHT MANAGEMENT PROGRAM

The Partial Fast is an 18-session medically supervised program where you lose weight using a combination of OPTIFAST 800® meal replacements and food. On the plan, you have small servings of food combined with four meal replacements (vanilla, chocolate, strawberry, and chicken or tomato soup) spaced throughout the day (1100 - 1400 calories daily). Additionally, OPTIFAST 800 meal replacement bars are available in chocolate, peanut butter chocolate and apple cinnamon. Average weekly weight loss for men is two to three pounds, for women it is one to two pounds. Weekly group meetings are 1 ½ hrs. The group sessions focus on nutrition, education, and behavior modification. Exercise is included in all sessions. **Type 2 diabetics cannot do a Partial Fast. You must have a BMI of 25 or greater to participate in the Partial Fast.**

There are three appointments that need to be completed to begin the Partial Fast Program. The first two are the medical clearance appointments needed for medical supervision during the program and the third appointment is body assessment appointment at which you are enrolled in your group. Appointments are at the Positive Choice Integrative Wellness Center in Clairemont.

### PARTIAL FAST PROGRAM FEES

<u>KAISER MEMBER</u>		<u>NON-MEMBER</u>
Lab Co-pay	<b>Appointment 1 MEDICAL CLEARANCE Part 1</b> Labs, EKG, collection of questionnaires, etc.	\$342
Provider Co-pay	<b>Appointment 2 MEDICAL CLEARANCE Part 2</b> Assessment is completed by a Positive Choice medical provider. Both Medical Clearance appointments must be completed before beginning program.	
\$220	<b>Appointment 3 BODY ASSESSMENT APPOINTMENTS</b> Includes pre and post-program body assessments, program materials, a post weight loss body fat testing, and enrollment in your group.	\$220
\$575	<b>PROGRAM FEE Partial Fast</b> Includes medical monitoring and Program. Fee is paid in two installments. \$330 at session 1 and \$245 at session 5.	\$575
Lab Co-pay	<b>LAB WORK</b> Blood work is completed every 3 weeks beginning with session 3. Depending on individual medical histories, additional lab work could be required. Average costs for non-Kaiser members per lab draw are \$20 to \$40. Program participants are responsible for additional lab work fees.	\$20-\$40
\$70/week	<b>WEEKLY MEAL REPLACEMENTS</b> Meal Replacements begin in Week 2 and are required until session 10. After week 10, Meal replacements are optional.	\$70/week

All fees are non-refundable. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.

## **FULL FAST (and Modified Fast) WEIGHT MANAGEMENT PROGRAM**

In the Full/Modified Fast Weight Management Program you attend weekly, two-hour group meetings (required) as you lose your weight. The weight loss phase of the program is approximately 20 weeks long with additional sessions available, if needed, to meet your goal weight. All sessions include light exercise and movement.

A significant challenge to long-term weight maintenance is identifying and dealing with the ways you use food to relieve stress, meet emotional needs, or avoid uncomfortable feelings. A major goal of our Full/Modified Fast Weight Management program is to help people become aware of the situations that stimulate overeating and to develop skills to cope with life rather than to eat in response to it. We believe awareness and coping are essential for long-term success.

**The Full Fast Plan:** Lose weight consuming five liquid meal replacements daily (NutriMed® which is 500 calories/day or OPTIFAST 800® which is 800 calories/day.) You need to have a body mass index (BMI) of at least 30 (about 40 pounds to lose) to qualify for the Full Fast.

**The Modified Full Fast Plan:** Combines five daily meal replacements (NutriMed or OPTIFAST 800) with approximately 190 calories of lean protein and vegetables. You must have a BMI of at least 28 (approximately 30 pounds or more to lose) and the medical staff's determination to qualify for the modified fast.

The meal replacements provide complete nutrition and allow for safe, rapid weight loss while minimizing fatigue or hunger. NutriMed flavors include: vanilla, chocolate, mocha, wild berry, creamy tomato, and chicken soup. OPTIFAST 800 flavors include: vanilla, chocolate, strawberry, chicken and tomato soup. Additionally, OPTIFAST 800 meal replacement bars are available in chocolate, peanut butter chocolate and apple cinnamon.

In addition to the meal replacements, you may consume specially-formulated chicken broth soups twice daily. (The chicken broth is not a meal replacement.) Everyone is encouraged to take a daily fiber supplement. The average weekly weight loss is three to five pounds.

When you are within 5 pounds from or at your desired goal weight, you begin a structured four-week food plan that transitions you from using the meal replacement supplements to a full food plan. Once you complete the transition to full food, you will begin a year-long, pre-paid Maintenance Program. The Maintenance Program is required and begins with eight sessions, meeting once per week, followed by 12 months of unlimited Booster Maintenance classes. Continued long-term support after your first year of maintenance is also available.

Programs in Spanish are available as well as a Teen Fasting Program for ages 14 to 19.

**The Full or Modified Full Fast are not an option for those with type 1 diabetes or pregnant/breast-feeding women.**

**Type 2 diabetics are required to start their weight loss using a full fast.**

## FULL FAST PROGRAM FEES

There are three appointments that need to be completed to begin the Full Fast Program. The first two are the medical clearance appointments needed for medical supervision during the program and the third appointment is body assessment appointment at which you are enrolled in your group:

<u>KAISER MEMBER</u>		<u>NON-MEMBER</u>
Lab Co-pay	<b>Appointment 1 MEDICAL CLEARANCE Part 1</b> Labs, EKG, collection of questionnaires, etc.	\$342
Provider Co-pay	<b>Appointment 2 MEDICAL CLEARANCE Part 2</b> Assessment is completed by a Positive Choice medical provider. Both Medical Clearance appointments must be completed before beginning program.	
\$220	<b>Appointment 3 BODY ASSESSMENT APPOINTMENTS</b> Includes pre and post-program body assessments, weight loss and maintenance program materials, a post weight loss body fat testing, and enrollment in your group.	\$220
\$140/Wk	<b>WEEKLY PROGRAM FEE Full/Modified Fast</b> Weekly fee includes medical monitoring, group session fee, and weekly meal replacements. Meal replacements begin at session 2, but the full fee is charged the first week to cover medical and administrative costs. The weekly program fee reduces to \$60 when an individual is 5 to 10 pounds from goal and no longer needs to purchase the supplement.	\$140/Wk
Lab Co-pay	<b>LAB WORK</b> Blood Potassium testing is done every other week for everyone participating on a full or modified fast. Depending on individual medical histories, additional lab work may be required. Average costs for non-Kaiser members per lab draw are \$20 to \$40. Program participants are responsible for additional lab work fees.	\$20-\$40
\$400 Paid in 4 installments	<b>MAINTENANCE PROGRAM FEE</b> Eight, weekly sessions followed by 12 months of unlimited Booster classes. The fee (\$400) is paid in four installments at weeks <b>3</b> (\$100), <b>5</b> (\$100), <b>7</b> (\$100), and <b>9</b> (\$100).	\$400 Paid in 4 installments

All fees are non-refundable, including the pre-paid Maintenance fee. Payment for missed groups is required. Although price increases are not anticipated, changes in operating costs may make it necessary to adjust our prices.

## IMPORTANT ADDITIONAL PROGRAM INFORMATION

- ❑ Full Fasting and Modified Fasting group meetings are offered on Mondays, Tuesdays, Wednesdays, and Thursdays. The majority of groups are offered in the evening, but there are some morning and afternoon groups. Every month new groups are started; days and times vary.

- ❑ **Kaiser Permanente locations weight management programs available.**

### **Positive Choice Integrative Wellness Center**

7035 Convoy Court, San Diego CA 92111

Full/Modified Fast, Partial Fast, Healthy Balance, H.E.A.T., Nutrition/Fitness Forum

### **San Marcos Kaiser Permanente Medical Building**

400 Craven Road, San Marcos, CA 92069

Full/Modified Fast, Healthy Balance, Nutrition/Fitness Forum (afternoon and evening only).

### **Bostonia Kaiser Permanente Medical Building**

1630 East Main Street, El Cajon, CA 92021

Full/Modified Fasting Program (evening classes only)

### **Otay Mesa Kaiser Permanente Medical Building**

4660 Palm Ave., Bldg. 4, San Diego, CA 92154

Full/Modified Fast, Healthy Balance, Nutrition/Fitness Forum (afternoon and evening only).

### **La Mesa Kaiser Permanente Medical Building**

8080 Parkway Dr, La Mesa, CA 91942

Healthy Balance

### **Oceanside Kaiser Permanente Medical Building**

1302 Rocky Point Dr, Oceanside CA 92059

Healthy Balance (evening classes only)

- ❑ All the Positive Choice Integrative Wellness Center programs and services are available to Kaiser Permanente members and non-members. The weight programs described in this book are for people 18 years or older. The Positive Choice Integrative Wellness Center has a separate Teen Weight Management Program for ages 14 to 19 and a Spanish Weight Management Program for the Latino community. Information on the Teen and Spanish Weight Programs are available at the Positive Choice Integrative Wellness Center (858) 573-0090 or on-line at: [www.positivechoice.org/weight-loss/medical-weight-management-programs](http://www.positivechoice.org/weight-loss/medical-weight-management-programs)
- ❑ All group counselors have either a master's degree or doctorate in psychology/counseling, nutrition, exercise physiology, education, public health, or a related field. Many are licensed therapists.
- ❑ Each person signs up for a specific group and remains with that counselor and that group until it ends. If someone's schedule changes, or a person requires additional meetings to continue losing weight, a group transfer can be arranged through the program manager.
- ❑ Payment for missed groups in all programs is required.
- ❑ People who actively participate in the program are the most successful. It is for this reason that group attendance is required.



- ❑ A major goal of the Full/Modified Fast Weight Management program is to help people become aware of the situations that stimulate overeating and to develop skills to cope with life rather than to eat in response to it. Experience has shown when family members, friends, or co-workers participate in separate groups their success is much greater. Friends, family members, co-workers, and significant others must enroll in separate Full/Modified Fast groups.
- ❑ People can purchase an extra box of supplement to have on hand in case of emergency, if enrolled in the Full/Modified Weight Management Program.
- ❑ MasterCard, Visa, American Express, and personal checks are accepted. When paying in cash, **exact change** is appreciated.
- ❑ Specially formulated chicken broth soup is available for anyone. In most cases it is optional; however, some medical conditions will require certain people to use the broth. The charge for a box of broth containing 10 servings is \$7. Depending on which meal replacements are prescribed, people on the full fast weight loss plan need to take a fiber supplement in addition to their shakes. There are several commercial products that work well with the full fast product and in your group you will receive information about which ones are appropriate for use with the full fast. The Positive Choice Center sells a fiber product called NutriSOURCE Fiber®. This fiber easily dissolves in water and is tasteless, making it a popular option for many. The fee for a can of NutriSOURCE Fiber is \$13 (approximately a two-month supply).
- ❑ People who are following a medically supervised plan (i.e. the full fast, modified full fast, or partial fast) need to arrive 30 minutes before their group each week to allow themselves time to check in with the nursing staff, do lab work (when needed), and order and pay for their weekly supplement.
- ❑ All program fees are non-refundable including the prepaid Maintenance fee. Although the need to raise prices occurs infrequently, when product and/or operating expenses go up, fees may need to be increased to cover costs.
- ❑ You will receive a packet of questionnaires when you schedule your Part 1 Medical Clearance appointment. Enrollment in the Full/Modified Fasting or Partial Fasting Weight Management Programs requires that each person complete and turn in these questionnaires. Please bring the completed forms to your appointment so as not to delay your enrollment in your weight loss program.

## COMMONLY ASKED QUESTIONS

### 1. **Are there physical benefits from losing weight besides just looking and feeling better?**

There are many health benefits associated with weight loss. This question can be best answered by sharing the results of statistics obtained on the Positive Choice Integrative Wellness Center program participants:

#### **Hypertension**

- ❑ A sampling of 400 hypertensive people showed that after weight loss, 40% were able to discontinue all medication and had normal blood pressure.
- ❑ 30% were able to decrease the dosage of blood pressure medication and had achieved better blood pressure control.
- ❑ Another 30% experienced no change in their blood pressure, indicating that the cause of their hypertension was not weight related.

#### **Diabetes**

- ❑ Out of 320 participants with diabetes, many of whom were on medication, 74% had normal blood sugar levels and required no medication to manage their diabetes after completing the Weight Program. (The full fast is not an option for people with type 1, insulin dependent diabetes; the partial fast is not an option for people with type 1 or type 2 diabetes.)

#### **High Blood Cholesterol**

- ❑ 93% of those who had high blood cholesterol levels dropped an average of 43 points.
- ❑ The remaining 7% of the individuals with high blood cholesterol saw no decrease in their blood cholesterol, indicating that the cause of their high blood cholesterol was not diet or weight related.

### 2. **Is a full liquid fast medically safe?**

When medically supervised, the use of a full liquid fast is safe and effective for weight loss. The Positive Choice Integrative Wellness Center has been using the fasting and partial fasting supplements as weight loss tools since 1980. Since that time, over 50,000 people have lost weight using a supplement. Many of these people were medically *high-risk* patients who were middle-aged or older, hypertensive, and often have a history of cardiovascular disease and/or diabetes. Despite treating many high-risk patients, we have never had an injury or death related to using the supplements.

### 3. **While on the Full/Modified Fast or Partial Fast, will I feel weak or fatigued?**

No. The Full Fast and Partial Fast liquid meal replacements are designed to provide complete nutrition and stimulate your body to derive most of your caloric needs from your body's fat stores. While on a full fast or partial fast there is no caloric deprivation. Instead there is a shift from deriving your calories from food to deriving your calories from the fat stores in your body. This process, which is unique to a liquid supplemented fast, eliminates hunger and fatigue.

**4. Is rapid weight loss bad for you?**

Rapid weight loss using meal replacements in combination with medical supervision is safe and healthy. On the other hand, rapid weight loss produced by un-supplemented fasting or fasting with inferior products *can* impair your health. Losing weight rapidly by using an inferior product or by un-supplemented fasting is achieved by the body partly using lean muscle tissue as a source of fuel. This not only jeopardizes your health but also makes weight maintenance difficult. The products are formulated to protect lean muscle mass and to use fat stores as fuel, thereby eliminating these risks.

**5. Will dieting cause my metabolic rate to slow down and make it harder to maintain my weight?**

There is a small decrease in metabolic rate that occurs late in major weight loss regardless of the diet plan used. It is temporary and the metabolic rate will return to normal as calories increase. This slight, temporary decrease in metabolic rate is not the cause of weight regain and has nothing to do with your ability to maintain a weight loss. Sometimes very low calorie diets can lead to muscle loss. Losing muscle can lead to less calories burned overall in the day during basic daily movement. It is strongly encouraged that you participate in some form of resistance training to minimize muscle loss while participating in a very low calorie diet program. Research shows it is possible to maintain and even gain muscle strength while on a very low calorie diet.

**6. Are there negative side effects using a full fast weight loss plan?**

Most people using the full fast product experience no negative side effects at all. A small number of people experience minor and temporary hair thinning during the weight loss phase. Like the temporary hair loss that often occurs during pregnancy, this is completely reversible. In some cases, the full fast can lead to an increase in uric acid levels. People with a history of gout are monitored carefully so that appropriate treatment can be initiated, if needed.

**7. Does using a fasting supplement cause gallstones?**

Gallstones occur when the amount of cholesterol present in the gallbladder is greater than what can be dissolved into the bile. A high fat diet is the most common reason for passing such large amounts of cholesterol into the bile. A high fat diet is the primary cause of obesity; therefore, gallstones are almost always seen in people who are overweight.

Anyone losing weight does so by metabolizing their body fat. This results in increased cholesterol being passed into the bile, just like a high fat diet. This may either aggravate preexisting gallstones or occasionally produce new ones. The risk of a gallstone attack during the weight loss phase remains surprisingly small. One in seven hundred of Positive Choice Integrative Wellness Center participants has experienced a gallstone attack during the weight loss phase and most of these had previously diagnosed gallstone conditions.

Additionally, pancreatitis, an infection in the bile ducts, may be associated with gallstones. The symptoms of pancreatitis include pain in the left upper abdominal area, nausea and fever. Pancreatitis may be brought on by binge eating or consuming a large meal after a period of dieting.

**8. I have an indemnity insurance plan and/or a flex account. Will that plan reimburse me for any of the program fees?**

Most insurance carriers will reimburse for some of the program fees. What is often required is a copy of all your receipts and a letter from the Positive Choice Integrative Wellness Center listing fees paid and the services rendered. We will be happy to supply the letter if you have all of your receipts. Keep in mind the dollar amount in the letter must match the receipts.

**Before you begin the program, contact your insurance carrier to determine what their requirements are and what your coverage includes. It is a good idea to get this in writing. You will need to save all your receipts as we do not keep copies of them and do not have billing staff.**

Your reimbursement is between you and your flex or insurance account. **We cannot guarantee you will be reimbursed** even though you submit the receipts and a letter from the Positive Choice Integrative Wellness Center that includes the typical information requested from insurance companies and flex account administrators.

**9. May I declare any part of this program as a tax deduction?**

The IRS recognizes obesity as a medical condition, and permits weight loss programs to qualify as a medical deduction under Section 213 of the tax code. Individuals who have a Medical FSA may use their current year plan to pay for eligible weight loss expenses. You are responsible for saving copies of your receipts if you choose to take this deduction. Due to continual tax code revisions, consult your tax professional to verify eligibility.

**10. Once I lose my weight, what can I do to ensure I keep it off?**

There are crucial steps to successful weight maintenance. The stronger your commitment to each of these areas, the more likely you are to maintain your weight:

- Stay active at the Positive Choice Integrative Wellness Center or regularly attend a structured support system (12-step group, counseling, etc.) after completing the Positive Choice Integrative Wellness Center Maintenance Program.
- Keep an awareness of when and what you eat. This can be done most successfully by planning meals and snacks ahead of time or by keeping food records of what and how much you eat.
- Maximize calorie burning by moving more and sitting less. Cardiovascular exercise will teach the body how to burn fat as a fuel and strength training will increase your metabolism and keep overall calories needs high. Exercise has also been proven to be an effective way to manage stress, decreasing the need to use food to relax.
- Some people find it easier to maintain their weight loss if they use the supplement on an ongoing basis as either a meal replacement for one meal a day such as breakfast or as their morning or afternoon snack.

**11. What other support options are offered at Positive Choice?**

Some of the ways we offer support in addition to the Weight Management programs include:

- **Counseling** for weight-related issues.
- **Solutions — Food Addiction Recovery Program.** This 12-week program helps people stop overeating and bingeing episodes, while helping them to understand the physiology behind compulsive overeating. People learn strategies and techniques to overcome food urges.
- **Nutrition/Fitness Forum** — Free sessions with a dietitian to answer nutrition and weight loss questions. No appointment is necessary. Sessions are offered at the Clairemont Mesa facility, Mondays thru Thursdays, 5 to 5:30 pm; Tuesdays, 11:45 am to 12:15 pm, Room 7. At the San Marcos medical facility 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 6 to 6:30 pm, Building 4, Room B and at the Otay Mesa medical facility, Mondays, 5 to 5:30 pm, Building 4, Room 3. Visit our website to find out how you can attend a virtual session online at [positivechoice.org](http://positivechoice.org) or follow us on Facebook to view Virtual Nutrition/Fitness Forum live.
- **SECA Body Composition Analysis** — The Positive Choice Integrative Wellness Center has one of the most sophisticated body analysis machines available on the market today. Much more than just a body fat measurement, the SECA Body Composition Analyzer measures

body composition using many frequencies of electro-magnetic waves that allow for accurate body composition measurement equal in accuracy to the gold standard of DEXA hydrostatic weighing. The best part is you don't have to undress and the test takes only 20 seconds. In addition to determining with accuracy your muscle mass, body fat, and body water composition, the SECA analyzer can also tell you information about the strength in each of your limbs, whether the fluid in your body is in or outside your cells (hydration vs. water retention), accurately estimates daily caloric needs, and gives a measure on overall cell health – a strong indicator of health status.

**Basic Analysis:** Includes fat mass, lean body mass, fluid balance, energy needs, cellular health and consultation on improving/maintaining health status: \$95. Includes measurement of fat mass, lean body mass, body fluid balance and explanation: \$55.

**SECA Special for People Losing Weight:** When you purchase a package of three SECA Analysis's you save \$15. People use the three tests to Measure their starting point, mid-way through weight loss to adjust for muscle loss, and when they reach their goal. Others use it as an annual check-up to keep themselves motivated to maintain. Three SECA Analysis's: \$150.

**12. When should I begin an exercise routine and what fitness options are available at Positive Choice?**

You may already have an exercise routine. If not, we encourage you to begin one now. If you are looking for support in this area, here are some possibilities:

- **Yoga and Muscle Toning**

Classes offered regularly. See website for current days/times/fees.

- **Personal Training**

Personal training packages are available with a fitness specialist to help you develop a challenging workout and stay motivated.

- **Exercise Membership**

The exercise room at the Positive Choice Integrative Wellness Center is equipped with free weights and aerobic exercise equipment. Membership includes a personalized exercise prescription and training plan developed by a fitness specialist. The exercise room is open Monday through Thursday, 8 am to 6:30 pm, and Friday, 8 am to 4 pm.

**14. Is there weight loss or nutrition support available for children or teens?**

Kaiser Permanente offers two programs for healthy eating and nutrition for children and teens. Please see descriptions below. Families may also benefit from the Nutrition/Fitness Forums at the Positive Choice Integrative Wellness Center as well.

- **Healthy Lifestyles for Families**

This two-session program is for parents and children 2 to 12 years of age. The first session is attended by parents only and in the second session children attend. Focus is on healthy eating. There is no fee. You must be a health plan member to attend. (619) 641-4194 to schedule.

- **Healthy Lifestyle for Teens**

This is a two-session nutrition education class for teens 12 to 18 years of age. Adults are not required to attend. Available only to Kaiser Permanente members. (619) 641-4194 to schedule.

## HOW TO ENROLL

- **Read through this information booklet.**
- **If you want H.E.A.T. or Healthy Balance, call (858) 573-0090.**
- **If you are thinking of the Partial or Full/Modified Fast Programs, schedule and attend the Positive Choice Integrative Wellness Center Weight Program Information Session.**

If you have been in the program within the last 12 months and are coming back, you do not need to attend an Information Session. All Information Sessions are held at the Positive Choice Integrative Wellness Center at 7035 Convoy Court, San Diego CA, 92111. Call (858) 573-0090 to schedule an Information Session.

- **Schedule and complete both parts of your Medical Clearance appointments.** You will have an opportunity to make appointments at the Information Session. These appointments are done at the Positive Choice Integrative Wellness Center at 7035 Convoy Court, San Diego CA, 92111.

**Appointment #1:** Lab work, EKG, questionnaires, etc. Appointment #2 is scheduled at check-out from Appointment #1. Appointment #1 and #2 need a minimum of three working days apart.

**Appointment #2:** Meet with a Positive Choice medical provider for exam and to go over your results.

- **Schedule and attend a Body Assessment Appointment.** This appointment will be scheduled for you when you complete your first Medical Clearance appointment. Body Assessments are done at the Positive Choice Integrative Wellness Center at 7035 Convoy Court, San Diego, CA 92111.

**We look forward to supporting you in your wellness efforts.**



**Positive Choice Integrative Wellness Center**

7035 Convoy Court  
San Diego, CA 92111

**(858) 573-0090**

**positivechoice.org**

## Positive Choice Integrative Wellness Center



7035 Convoy Court  
San Diego CA, 92111  
(858) 573-0090



### From I-805

I-805 to East Clairemont Mesa Blvd; left-hand turn onto Shawline (1<sup>st</sup> light off exit); down one block, make left turn onto Convoy Court; Positive Choice Integrative Wellness Center is the second building on the left.

### From I-5

I-5 to Highway 52 East; Highway 52 East to I-805 South; Exit East Clairemont Mesa Blvd., Left-hand turn onto Shawline (2<sup>nd</sup> light off exit); down one block, make left turn onto Convoy Court; Positive Choice Integrative Wellness Center is the second building on the left.

### From I-15

I-15 to Highway 52 West; exit Convoy Street (south or left); Right onto Convoy Court (second light); go several blocks; Positive Choice Integrative Wellness Center is the second building on left after you cross Shawline.