15 to 19 Year Old Weight Loss Program

Positive Choice Integrative Wellness Center
7035 Convoy Court
San Diego, CA 92111
(858) 573-0090
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WEIGHT LOSS FOR TEENS

Weight loss is challenging, especially for a teen. The teen years are full of changes and transitions that can contribute to weight gain and it is common for teens to use food to help deal with the stress. Teens may use food:

- As a way to celebrate with friends or family.
- To avoid or numb feelings like anger, loneliness, rejection, hurt.
- To deal with the frustration of difficult relationships.
- To compensate for depression or grief.
- To reduce sexual attention.

However, many teens find that as they get older and more independent, they are empowered in a new way to master lifestyle skills that not only help with weight loss, but also contribute to a lifetime of better health and wellbeing.

The support options at the Positive Choice Integrative Wellness Center incorporate a multi-disciplinary approach to help teens develop and strengthen lifestyle skills. They include:

- Weekly group meetings with their peers, or in some situations individual settings, in which teens are supported and encouraged in developing new lifestyle skills.
- Opportunities for open discussion in a safe, non-judgmental environment.
- The chance to practice healthy communication and relationship skills, and develop insight into their choices and motivation.
- Long-term weight maintenance support.
- Medical supervision when necessary (Fasting and Modified Fasting Programs).
- Extensive education on nutrition, fitness, and behavior modification.

A major goal of the Positive Choice Integrative Wellness Center is to help teens become aware of the situations that stimulate them to overeat 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.
HEALTHY EATING/FITNESS RESOURCES
FOR CHILDREN AND TEENS

There are several support options available at Kaiser Permanente for children and teens. Please note that some of these options are available only to a member of Kaiser Permanente.

SEMINARS AND PROGRAMS FOR KAISER PERMANENTE MEMBERS.
Call (619) 641-4194 for information and scheduling.

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. Available only to Kaiser Permanente members.

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.

Mom’s Meals NourishCare®
Members receive a special price for a meal plus sides and FREE shipping on fresh-made, fully-prepared, ready-to-eat meals delivered to your door. Call (866) 224-9483.

HEALTHY EATING/FITNESS OPTIONS AT THE POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER.
Available to everyone.

Nutrition/Fitness Forum
Have your fitness, nutrition, and weight loss questions answered by a fitness and nutrition expert. 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 Kaiser Permanente member to participate.

- Positive Choice Integrative Wellness Center:
  Mondays thru Thursdays 5 to 5:30 p.m., Tuesdays 11:45 am to 12:15 pm, Room 7.

- San Marcos Kaiser Permanente medical facility:
  1st and 3rd Thursday of the month, 6 to 6:30 pm, Building 4, Room B.

- Otay Mesa Kaiser Permanente medical facility:
  Wednesdays 6:30 to 7 pm, Building 4, Room 1.

Exercise/Nutrition Consultations
Have a three-month fitness and nutrition plan designed for you individually that is geared to help achieve your goals. These individualized appointments are offered at the Positive Choice Integrative Wellness Center. You do not need to be a health plan member to participate.
$55 for 30–minute appointment; $95 for a 60–minute appointment.
Call for more information and scheduling: (858) 573-0090.

Personal Training
Workout with a personal trainer and achieve your individual fitness goals.
$45 for one 30-minute appointment, $120 for a three appointment package.
Call for more information and scheduling: (858) 573-0090.
H.E.A.T. – HEALTHY EATING AND TRAINING

H.E.A.T. – Healthy Eating and Training is a great option for teens that need flexible scheduling and an individualized option. H.E.A.T. includes individual five appointments. The first is a one-hour, individual appointment with an exercise/nutrition specialist and includes body fat testing, and development of an in-depth personalized nutrition and exercise plan. This appointment is followed by four, 45-minute personal training sessions which also include nutrition coaching and goal setting.

Teens may use one to two OPTIFAST® 800 meal replacements per day to supplement their food plan (vanilla, strawberry, or chocolate shakes, chicken or tomato soups, chocolate, peanut butter-chocolate, and yogurt berry flavored bars). Supplements are purchased separately and are not included in the program fee. One box of seven supplements is $22.

Available only at the Positive Choice Integrative Wellness Center. Medical clearance is not required.

H.E.A.T. .................................................................................................................. $425
Includes initial consultation, testing, and four personal training sessions.

HEALTHY BALANCE FULL FOOD PROGRAM

The Healthy Balance Program is a full food weight loss program primarily for adults, however it can be an option for older teens if the parent(s), teen, and Positive Choice program manager feel that participation would be beneficial.

Teens meet weekly in small groups and learn how to lose weight on a food plan that focuses on fresh, whole, natural and nutrient-dense foods that increase metabolism and eliminate cravings. The nutrition plan emphasizes proper meal timing and pairing of foods to manage blood sugar levels and the physical hunger that can lead to over eating and poor food choices.

Exercise is part of each group session and focuses on strength training and increasing muscle mass, which is the key to revving up metabolism and enhancing daily calorie burn. Aerobic exercise is encouraged to help stimulate caloric burn and metabolism.

Group meetings also include mindful eating and meditation activities to help teens develop their natural ability to recognize hunger versus triggered hunger.

Teens have the option of using one to two OPTIFAST® 800 meal replacements per day to supplement their food plan (vanilla, strawberry, or chocolate shakes, chicken or tomato soups, chocolate, peanut butter-chocolate, and yogurt berry flavored bars). The supplements are purchased separately and are not included in the program fee. One box of seven supplements is $22.

Healthy Balance Programs are offered at the La Mesa, Otay Mesa, San Marcos, and Clairemont Mesa Kaiser Permanente medical offices. Medical clearance is not required.

14-week Program .................................................................................................. $140
Materials Fee ........................................................................................................ $50
Includes text book, instructional materials, and fitness band.
FULL AND MODIFIED FASTING
WEIGHT MANAGEMENT PROGRAM

Medical Clearance is REQUIRED for this program.

The Teen Full Fasting Program is designed for teens that need to lose greater amounts of weight. To participate in this program, teens must have at least 40 pounds to lose or a body mass index (BMI) of at least 30 or greater. It is the preferred program for those teens who have type-two diabetes, however if they have type one diabetes, or are pregnant/breast-feeding, or do not have enough weight to lose (BMI <30), they cannot participate.

Teens have the option of two food plans:

FULL FAST FOOD PLAN
On a Full Fast teens lose weight consuming five meal replacements daily (OPTIFAST® 800) plus a multivitamin and mineral supplement, and avoiding all other food sources. The meal replacement supplements offer complete nutrition and allow for safe weight loss while minimizing fatigue and hunger. The Full Fast plan provides a structured daily intake of 800 calories a day. Supplement flavors are chocolate, vanilla, strawberry shakes, chicken or tomato soups, or chocolate, peanut butter-chocolate, and yogurt berry flavored bars. The average weekly weight loss is 3 to 5 pounds for females and 4 to 6 pounds for males.

In addition to (but not to replace) the five meal replacements, teens may consume one to two specially-formulated chicken broth soups daily. (The chicken broth is not a meal replacement.)

MODIFIED FULL FAST FOOD PLAN
A Modified Full Fast consists of five OPTIFAST® 800 meal replacements, as described above, plus the addition of a small amount of lean protein and vegetables. This plan provides a structured, daily intake of calories and fat in controlled portions, approximately 980 calories per day. Specific guidelines are given for the additional foods required.
THE FASTING/ MODIFIED FASTING PROGRAM

 Teens enrolled in this program attend weekly group meetings (required) during weight loss. The weight loss phase of the program is a minimum of 15 weeks long with additional program group meetings available to meet goal weight.

 The one hour and a half weekly sessions provide teens with a group setting which focuses on helping them discover the role food plays in their life. They participate in activities that encourage insight and teach practical skills that will help them build life-long healthy life-skills. Activities such as group discussions, writing, art-making, mindfulness practices, and visualization are used to:

- Help teens connect everyday triggers with their struggles with weight/food.
- Explore and practice effective ways of communicating.
- Become comfortable with feeling and expressing emotions.
- Develop new coping skills.

 All groups are facilitated by counselors that have either a master’s degree or doctorate in psychology/counseling, nutrition, exercise physiology, or a related field. Many are licensed therapists.

 Most classes will include light exercise and movement as research shows it is a crucial piece to successful immediate and long-term healthy weight management.

 When a teen is at their goal weight or within 5 pounds, they begin a structured four week food plan that transitions them from the meal replacement supplements to a full food plan. The plan gradually increases daily calories to stabilize and maintain weight.

 Once this transition is complete, teens begin in a year-long, pre-paid Maintenance Program. The Maintenance Program is required and begins with five individualized sessions with a nutritionist, meeting once per week, followed by 11 once per month Booster sessions. Continued long-term support is also available.
FASTING PROGRAM FEES

There are three appointments to be completed to get started in the program. The first two visits are the medical assessments needed for medical supervision while the teen is on the supplement and the third is the Body Assessment appointment. The appointments are available only at the Positive Choice Integrative Wellness Center, 7035 Convoy Court, San Diego, CA 92111.

Appointment 1—MEDICAL CLEARANCE PART 1
Labs, EKG, collection of questionnaires, etc. Thirty minute appt.
Kaiser Permanente members…………………………………………………Lab Co-Pay
Non-members…………………………………………………………………….$342*
*$342 for non-members, covers both part 1 and 2 of Medical Clearance Appointments.

Appointment 2—MEDICAL CLEARANCE PART 2
Assessment is completed by Positive Choice medical provider.
Kaiser Permanente members ………………………………………………….Provider Co-Pay

Appointment 3—BODY ASSESSMENT (BA) APPOINTMENTS
Includes a pre-program body assessment, program book, binder, and/or other materials, and a post weight loss body assessment with body fat testing.
Members and non-members…………………………………………………..$210

WEEKLY PROGRAM FEES
Includes medical monitoring, group session fee, and all meal replacement supplements needed for the week.

Members and Non-members………………………………………………..$125**

**Supplementation begins at session #2. $125 is due week one to cover administrative costs. When someone is approximately five pounds from their goal and no longer needs supplement, the weekly fee is reduced to $50.

LAB WORK
Blood testing is done every other week.
Kaiser Permanente Members per lab test……………………………….Lab Co-pay
Non-members per lab test ………………………………………………….$20 - $40***
***Blood potassium tests are typically done every other week; however, depending on individual medical histories, additional lab work could be required. Average costs per lab draw are $20 to $40. Complex medical histories may require additional testing and increased fees. Program participants are responsible for additional lab costs.

MAINTENANCE PROGRAM (pre-paid):
Five individual sessions with a Nutritionist, meeting once per week, followed by 11 once-per-month Maintenance Booster sessions.
Members and Non-members …………………………………………………..$375
Required fee ($375) is paid in four installments at sessions 3 ($100), 5 ($100), 7($100), and 9 ($75).

All fees are non-refundable, including the pre-paid Maintenance fee. Payment for missed groups is required. Although no price increases are anticipated, changes in operating costs may make it necessary to adjust our prices.
ADDITIONAL PROGRAM INFORMATION

- All of 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 15 to 19 years old.

- The Teen Full and Modified Fasting Program is offered on Mondays from 3:30 to 5:00 pm, at the Clairemont Mesa location. The Healthy Balance Program is offered in La Mesa, Otay Mesa, San Marcos and Clairemont Mesa Locations.

- Payment for missed groups in all programs is required. All program fees are non-refundable including the prepaid Maintenance fee.

- MasterCard, Visa, American Express, and personal checks are accepted. When paying in cash, exact change is appreciated.

- People who actively participate in the program are the most successful. It is for this reason that regular group attendance is required.

- Friends, family members, and significant others must enroll in separate groups, if participating in the full/modified fasting weight loss programs. Because of the content of these classes, experience has shown when family members or friends participate in separate groups their success is much greater. However, in the full food weight management programs, friends and family may participate in the same group.

- People who are actively participating in a Positive Choice program may purchase a limited amount of boxes of supplement to have on hand.

- Individuals enrolled in the Full or Modified Fasting weight loss plan may purchase a specially formulated chicken broth/bouillon. In most cases it is optional; however, some medical conditions will require certain people to use the broth, and it will be prescribed by the Positive Choice medical staff. The charge for a box of broth containing 10 servings is $7.

- People who are using the Full or Modified Fasting weight loss plan may 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 you will receive information in your group about which ones are appropriate for use with the full fast. You have the option of purchasing a fiber product called NutriSOURCE Fiber® at the Positive Choice Integrative Wellness Center. NutriSOURCE Fiber is different from most other fiber supplements because it easily dissolves in water and is tasteless. The fee for a can of NutriSOURCE Fiber is $13 (approximately a two-month supply).

- Teens who are following the Full Fast, or Modified Full Fast weight loss plan need to arrive 15 minutes before their group each week to allow themselves time to check in with reception and to order and pay for their weekly supplement. A weekly visit to the Positive Choice nursing staff is required, on weeks when lab work is drawn and on non-lab weeks. These visits are most often done during the groups’ break time, or may be completed following group end.

- Enrollment in a medically supplemented Weight Management Program requires that each person complete and turn in several pre-program questionnaires which you are given upon the scheduling of your Part 1 pre-program medical assessment appointment during the information session. Please bring the completed forms to your Part 1 appointment so as not to delay your enrollment in your weight loss program.
COMMONLY ASKED QUESTIONS

1. **How does a full or modified fasting weight loss program work?**
   The 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 modified 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 supplemented full or modified weight loss plans, eliminates hunger and fatigue.

2. **Is a fasting weight loss program medically safe?**
   When medically supervised, the use of fasting supplements are safe and effective for weight loss. The Positive Choice Integrative Wellness Center has been using these supplements as weight loss tools since 1980. Since that time, over 30,000 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. **Is rapid weight loss bad for you?**
   Rapid weight loss using fasting supplements 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 minimize muscle loss, protect lean muscle tissue, and to use fat stores as fuel, thereby eliminating these risks.

4. **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 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.

5. **Are there negative side effects using a full or modified fasting weight loss plan?**
   Most people using the fasting supplements 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.
6. **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 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.

7. **Will fasting cause me to binge?**

No. Binge-eating is a psychological disorder. The causes of binge-eating disorder are complex, but family history, biological factors, and psychological issues can increase risk. Participants on the fasting program tend to have more stabilized blood sugar levels and in turn feel less hunger when following the prescribed meal spacing plan. Post fast hunger levels can be higher than normal, which is a natural effect of weight loss. This reinforces the need to continue with the maintenance portion of the program as well as other support options once goal weight is achieved.

8. **What other support options are offered at Positive Choice for teens?**

Some of our support options in addition to the Weight Management programs are listed below. Please contact 858-573-0090 for more information or to schedule an appointment.

- **Individual Lifestyle Counseling** for weight-related issues.
- **Body Composition Analysis**
  The Positive Choice Integrative Wellness Center uses a state of the art Medical Body Composition Analyzer, called SECA, to measure fat mass, lean body mass, skeletal muscle mass and hydration status. Maintaining lean body mass is crucial in order to maximize daily calorie burn and maintain or lose weight. This test will give you this vital information. Thirty minute appointment that includes a brief consultation/interpretation of results is $55. A series of three appointments is $150.
- **Resting Metabolic Rate Assessment**
  This appointment uses state of the art gas analysis to measure your oxygen consumption at rest to determine how many calories you burn in a day. Use this number to set your calorie intake so that you can safely and efficiently reach your weight goals. The 45 minute appointment that includes the 15 minute test and 30 minute consultation/interpretation of results is $125, and must be done in the morning in a fasted state.
• **Yoga Classes**  
  This ancient art form combines physical posturing, which stretches and relaxes the body, with deep breathing and meditation. Even after only one session many people experience increased energy, relaxation, better circulation, greater flexibility, and body strength.

• **Muscle Toning**  
  Build a stronger, healthier body using light weights, bands, and fitness balls to strengthen, tone, and firm muscles.

• **Positive Choice Integrative Wellness Center** hosts free activities and seminars that promote healthy lifestyles every month throughout the year. Call for a current activity schedule. (858) 573-0090 or visit www.positivechoice.org.

9. **Will I need to take in extra calories if I am healing from surgery or have a strenuous job?**  
If it is determined by our medical staff that you need extra calories, your meal replacements can be modified to accommodate increased caloric needs.

10. **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. (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.

11. **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. Currently taxpayers with medical expenses in excess of 7.5% of adjusted gross personal income may take a deduction on individual taxes. 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.
12. Once I lose my weight, what can I do to ensure I keep it off?
Through research and experience we have found there are **four crucial steps** to successful weight maintenance. The stronger your commitment to each of these areas, the more likely you are to maintain your weight:

- **PLAN**
  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 when, what, and how much you eat.

- **FOOD RECORDS**
  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 when, what, and how much you eat!

- **SUPPORT**
  Participate in group meetings at the Positive Choice Integrative Wellness Center, complete the pre-paid Maintenance Program, follow through with recommendations made by program staff about addressing the reasons you overeat (e.g., to relieve stress, boredom, or avoid uncomfortable feelings, to celebrate and experience pleasure, to avoid relationships, etc.). Or attend a structured support system (12-step group, counseling, etc.) during or after completing the Positive Choice Integrative Wellness Center Maintenance Program.

- **EXERCISE**
  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 rev the metabolism and keep overall calorie burn high. Exercise has also been proven to be an effective way to manage stress, decreasing the need to use food to relax.
HOW TO ENROLL

Step 1 — Read through this information booklet.

Step 2 — Schedule and attend a Teen Weight Program Information Session at the Positive Choice Integrative Wellness Center. Call (858) 573-0090 to schedule. If you are under 18 years old you must be accompanied by a parent or legal guardian. The counselor will assist you with the next step needed to get started in your selected program.

If you are enrolling in the Full or Modified Weight Management Plans, prior to beginning any weight loss supplements, you must:

Step 3 — Complete the two-part Pre-Program Medical Clearance (Appointments 1 and 2, see page 7), and …

Step 4 — Complete a Body Assessment (Appointment 3, see page 7).
At the Body Assessment appointment you will be given the contact information for the Teen Program counselor to schedule your start date.

Congratulations!
After completing these steps, you will be enrolled in the
Teen Weight Management Program.
CLAIREMONT MESA MAP

From I-5
Take the I-5 to Highway 52 East.
Follow Highway 52 East to I-805 South.
Exit East on the Clairemont Mesa Blvd. exit.
Go to the first light and take a left-hand turn onto Shawline.
Go one block to the stop sign. At the stop sign make a left-hand turn onto Convoy Court.
The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court
San Diego, CA 92111

From I-805
Take the I-805 to Clairemont Mesa Blvd. East exit.
Go to the first light and take a left-hand turn onto Shawline.
Go one block to the stop sign. At the stop sign make a left-hand turn onto Convoy Court.
The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court
San Diego, CA 92111

From I-15
Take the I-15 to Highway 52 West.
Follow Highway 52 West about one mile to the Convoy Street exit.
Go south (left) on Convoy Street.
The second light is Convoy Court.
Make a right-hand turn onto Convoy Court and go several blocks.
The Positive Choice Integrative Wellness Center is the second building on the left.
7035 Convoy Court
San Diego, CA 92111

(858) 573-0090