

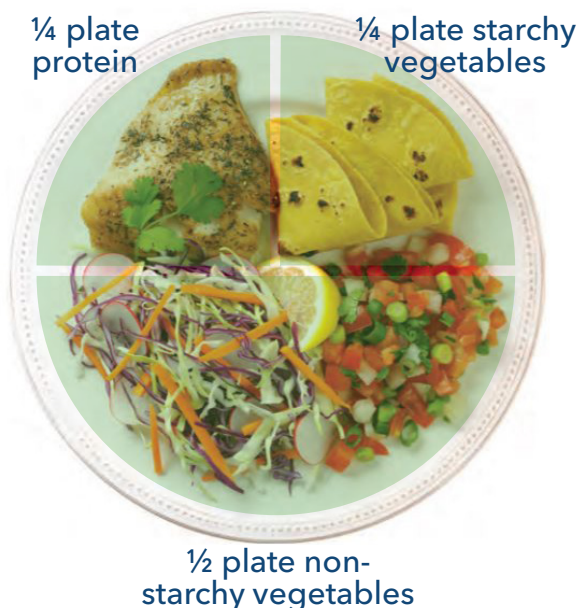
Welcome to Healthy Balance



About Healthy Balance

This is a 16-week course covering healthy eating, fitness, and mindsets. People who join this group are often looking to lose weight, increase their exercise routine, lower blood sugar (A1C), lower blood pressure, and/or feel generally healthier. This class is "open enrollment," meaning that anyone can enroll at any week.

The Plate Method



Choose More Often

- Vegetables
- Whole grains
- Fruits
- Low-fat dairy
- Fish
- Legumes
- Nuts



Choose Less Often

- Red meats
- Processed meats
- Refined grains
- Sugar-sweetened foods and drinks
- Salt

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