



You can do it!
We can help.

Weight Management Program
Positive Choice Wellness Center

A MULTI-DISCIPLINARY APPROACH TO WEIGHT MANAGEMENT

Since 1981, we have had the pleasure of helping over 20,000 people achieve significant weight loss, fitness, and improved health. Over the years we have learned many things about weight loss and maintenance.

Successful weight management requires:

- Medical supervision to ensure health and safety.
- An effective food plan.
- A supportive environment in which you have the opportunity to solve problems and develop new skills.

Long-term weight maintenance requires:

- Understanding the role food and being overweight plays in your life.
- A moderate exercise program.
- A good nutrition plan and awareness of eating habits.
- Group support that allows you to solve the difficulties of weight maintenance.

We have created the most comprehensive weight management programs in San Diego. We recognize individual needs for weight loss and we accommodate those needs by providing different programs and weight loss food plans. We hope you will choose one of our weight management programs and allow us to help you in your weight loss efforts. Please read this booklet to better understand the choices available at the Positive Choice Wellness Center.



The Positive Choice Wellness Center

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

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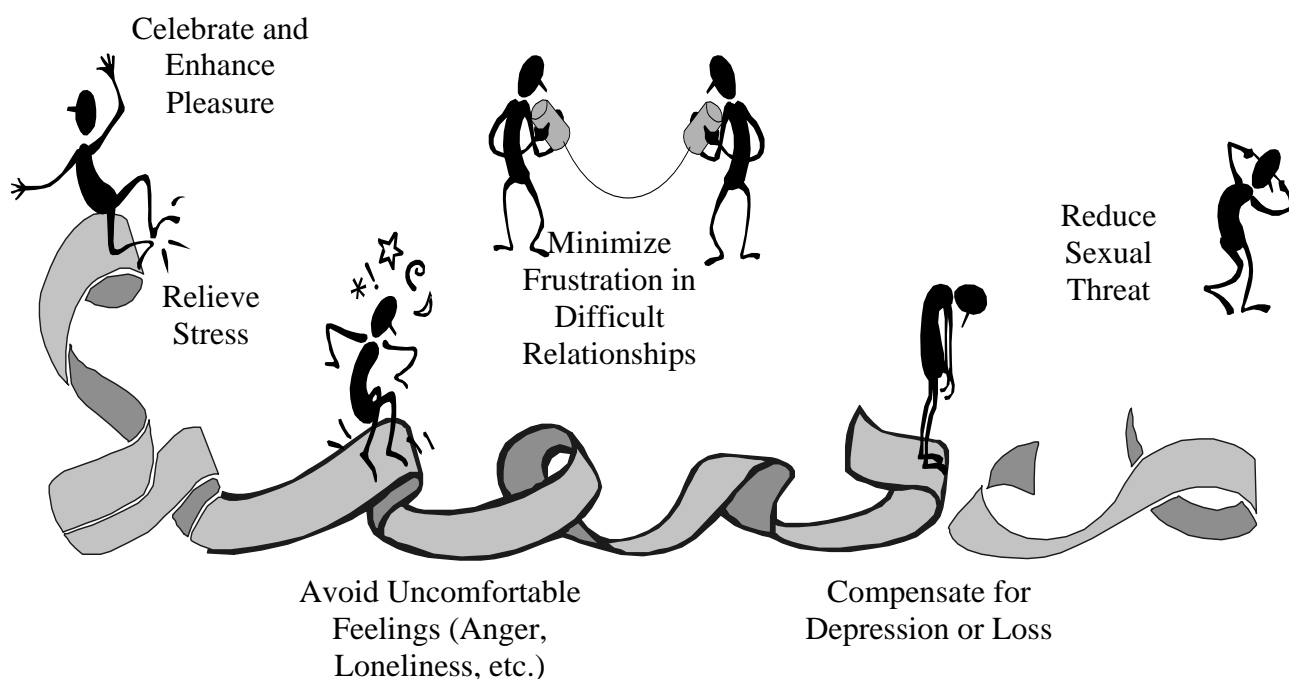
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The CHALLENGE of ACHIEVING and MAINTAINING a HEALTHY BODY WEIGHT

Weight loss is a challenge. Weight maintenance is an even greater challenge. The weight management programs at the Positive Choice Wellness Center include:

- extensive education on nutrition fitness, and behavior modification
- responsible treatment with medications when warranted
- and long-term weight maintenance support.

However, for many people, this is not enough. A significant challenge for long-term weight maintenance is helping you identify and deal with the ways you use food to relieve stress, meet emotional needs, or avoid uncomfortable feelings. The following continuum illustrates the common emotional situations that may hinder weight loss and maintenance.



A major goal of the Positive Choice Wellness Center weight management programs 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.

FASTING WEIGHT MANAGEMENT PROGRAM

Losing Weight on a Full Fast or Modified Full Fast

In this program you lose weight using a total liquid meal replacement called OPTIFAST® supplement. Most people will use the OPTIFAST supplement as a complete meal replacement, however for medical reasons you may be prescribed a Modified Full Fast where you use the OPTIFAST supplement meal replacement and a small amount of lean protein and vegetables.

The OPTIFAST supplements provide complete nutrition and allow for safe, rapid weight loss without fatigue or hunger. You take five meal replacement supplements a day. Meal replacement flavors are vanilla, chocolate, and orange. In addition, you have the option of consuming two specially-formulated chicken soups daily. (The chicken soup is not considered a meal replacement.) The average weekly weight loss is three to five pounds.

You attend weekly group meetings (required) as you lose your weight. The weight loss phase of the program is approximately 20 weeks long with additional group sessions available if needed. The two-hour weekly meetings focus on helping you explore the reasons why you overeat and the role food plays in your life. Activities such as group discussions, creative writing, and visualization are used to help you:

- **Connect life experiences to struggles with weight.**
- **Explore and practice effective ways of communicating.**
- **Become comfortable with feeling and expressing emotions.**
- **Develop new coping skills.**

When you have reached your desired goal weight and have successfully transitioned from using the OPTIFAST supplement to a full food diet you will participate in a weekly Maintenance Program. The Maintenance Program is required and meets for eight sessions. The focus is on nutrition, fitness, and behavior modification. After the eight-session Maintenance Program, you may maintain support by attending monthly Booster sessions.

A Spanish Fasting Program and a Teen Fasting Program (ages 14 to 19) are also available.

You must have 40 pounds or more to lose to do a full fast and more than 30 pounds to lose to do a modified full fast. This food plan is not an option for type 1 diabetics or breastfeeding women. Type 2 diabetics are required to start their weight loss using a full fast.

FASTING PROGRAM FEES

FULL FAST or MODIFIED FULL FAST

WEIGHT PROGRAM MEDICAL CLEARANCE

This two appointment clearance includes lab work and an EKG at the first visit and a medical assessment with a provider at the second visit.

Kaiser Permanente Members

Lab work and EKG appt.....Lab Cost Share
 Provider appt.....Cost Share
Non-Member \$322
Non-Member with type 2 diabetes\$342

Note: Both Medical Clearance appointments are required before beginning program.

BODY ASSESSMENT AND PROGRAM MATERIAL FEE

Includes a pre-program body assessment, program guidebook, textbook, and post-weight loss assessment with body fat testing.

..... \$210

WEEKLY PROGRAM FEE

Includes medical monitoring, group session fee, and supplement for the week.*

Full Fast..... \$125
Modified Full Fast

LAB WORK

Blood testing is done every other week for those on the full fast or modified full fast.

Kaiser Permanente Member

Per Lab Test Lab Cost Share
Non-Member
 ** \$20-40

*Usually a blood potassium lab test is done every other week; however, depending on individual medical histories, additional lab work could be required. Average costs pe lab draw are \$20-40. Complex medical histories may require additional testing and increased fees. Program participants are responsible for additional lab work fees.

MAINTENANCE PROGRAM FEE

Required fee (\$375) is paid in four installments at weeks **3** (\$100), **5** (\$100), **7** (\$100), and **9** (\$75).

..... \$375

***Supplementation begins Session 2.** The full fee is charged the first week to cover the costs involved in medically clearing each person for the fasting or partial fasting supplement. The weekly program fee is reduced to \$50 when an individual is 5 to 10 pounds from goal and no longer needs to purchase the supplement.

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.

PARTIAL FASTING WEIGHT MANAGEMENT PROGRAM

This program is designed for people who are losing weight using a partial fast or full food weight loss plan. The focus is on nutrition education and behavior modification. There is some exploration into the reasons why you overeat, however, this area is not covered as thoroughly as it is in the Fasting Weight Management Program.

Losing Weight on a Partial Fast

If you choose this food plan, you'll take three liquid OPTITRIM[®] meal replacement supplements and eat one commercially prepared meal (there are over 70 commercially available frozen meals) or a self-prepared meal a day. Meal replacement flavors are vanilla and chocolate. The average weekly weight loss for men is three pounds, for women it is one to two pounds. This plan provides a structured, daily intake of calories and fat in controlled portions (1,000 to 1,200 cal/day).

This food plan is not an option for breastfeeding women or type 1 or 2 diabetics.

Losing Weight on Full Food

If you choose this food plan, you will individually adjust your diet with the help of a dietitian. All menus are low to moderate fat and high in fiber. The plan focuses on providing you with satisfying amounts of food while you eat less refined foods and fewer calories. The average weekly weight loss is one to two pounds. The food plans developed are ideal for weight maintenance, as well as weight loss.

Participation in our programs is on a weekly basis and is a required part of losing weight at the Positive Choice Wellness Center.

PARTIAL FASTING PROGRAM FEES: PARTIAL FAST or FULL FOOD

WEIGHT PROGRAM MEDICAL CLEARANCE

This two appointment clearance includes lab work and an EKG at the first visit and a medical assessment with a provider at the second visit.

Kaiser Permanente Members

Lab work and EKG appt.....Lab Cost Share

Provider appt.....Cost Share

Non-Member \$322

Non-Member with type 2 diabetes \$342

Note: Both Medical Clearance appointments are required before beginning program.
(Medical clearance appointments are not required for the Full Food Program.)

BODY ASSESSMENT AND PROGRAM MATERIAL FEE

..... \$210

Includes a pre-program body assessment, program guidebook, textbook, and post-weight loss assessment with body fat testing.

18-WEEK PROGRAM

..... \$525

Includes weekly groups and medical supervision. Program fee paid in two installments—\$300 at group session 1 and \$225 at group session 5.

LAB WORK

Blood testing is done at week 3 for those on partial fast.

Kaiser Permanente Member

Per Lab Test Lab Cost Share

Non-Member

**\$20–40

**Complex medical histories could require additional medical monitoring and increased lab fees.

PARTIAL FAST ONLY FOOD SUPPLEMENT

..... \$65

Includes liquid supplement for the week. **This fee is only for people using the partial fast plan.**

For individuals using the partial fast plan a blood test is required at group session 3.

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

H.E.A.T. HEALTHY EATING AND TRAINING

H.E.A.T.—Healthy Eating and Training is a personalized program designed for people with smaller amounts of weight to lose. The program begins with a 1-hour one-on-one appointment with an exercise and nutrition specialist and includes a body fat test and an in-depth personalized consultation. This assessment is followed by five 45-minute individual exercise and nutrition training sessions with your specialist working on your specific fitness and weight loss goals. Additionally, you have the option of using up to two meal replacement supplements per day to facilitate weight loss (additional fees apply).

Five-Session Program

Includes a body fat test and initial 1-hour consultation with an exercise and nutrition specialist followed by and five 45-minute personal training sessions.

..... \$425
Optional supplement fee—varies depending on how much and which meal replacement supplement is used.
\$20 to \$35 per week.

H.E.A.T.—Healthy Eating and Training

- Lose weight either on a full food weight loss plan or use up to two meal replacement supplements a day to facilitate weight loss.
- Food intake is supervised weekly.
- Includes five training sessions with a personal trainer.
- Available only at the Clairemont facility.

WEIGHT MANAGEMENT PROGRAM OVERVIEW

The Fasting Program

- Everyone in the Fasting Program uses the full or modified supplemented fast to lose weight.
- Group discussions are facilitated by counselors and the focus is on helping you explore the reasons why you overeat and the role food plays in your life.
- This is a 20-week program. Additional sessions are available for continued weight loss.
- The Fasting Program is offered in Clairemont Mesa at the Positive Choice Wellness Center in the mornings, afternoons, and evenings; in Otay Mesa* and San Marcos* in the afternoon and evening; and in Bostonia* in the evenings.
- Groups have approximately 20 people.
- Nutrition and behavior modification are introduced in the Maintenance Program that follows the Fasting Program.
- Maintenance participation is required.
- People in the Fasting Program may be treated with medications, as deemed appropriate by a medical provider.
- Group meetings are two hours, unless the group attendance is below nine people and then it is 1½ hours.

The Partial Fasting Program

- Everyone in the Partial Fasting Program uses either a partial fast or full food weight loss plan to lose weight.
- Dietitians or exercise physiologists teach the groups and the focus is on nutrition education, fitness, and behavior modification.
- Groups are offered only in Clairemont Mesa in the evenings.
- This is an 18-week program. Everyone attends all 18 sessions.
- Attending a Maintenance group after the weight loss program is optional.
- Weekly group meetings are 1½ hours.

*Space in Bostonia, Otay Mesa, and San Marcos is limited.

Comparing the Cost of Weight Loss	Weight Watchers™	Nutri-Systems™	Jenny Craig™	The Positive Choice Wellness CenterWeight Management Program
Medically supervised, including management of medications for diabetes, hyperlipidemia, blood pressure, anxiety, depression, etc.				✓
Degreed/Licensed counseling staff.				✓
Multi-disciplinary educational component.				✓
Supplies weekly food.		✓	✓	✓
Average weekly weight loss.	1.5	2.0	2.0	4.0
Weekly cost.	\$90*	\$98–\$107	\$150–\$175	\$125
Cost per pound lost.	\$61.22/lb.	\$49–53.5/lb.	\$75–\$87/lb.	\$31/lb.

*Includes the average weekly cost of food for a woman in a family in the U.S. per Department of Labor Statistics 2006 (does not include cost of meals eaten at restaurants).

Jenny Craig and Nutri-System fees are calculated by including \$25 for the cost of added fruits, vegetables, and dairy in addition to the weekly fees for entrées and snacks.

IMPORTANT PROGRAM INFORMATION

- ❑ Weight management programs are offered at the The Positive Choice Wellness Center located at 7035 Convoy Court in Clairemont Mesa, at the Bostonia Kaiser Permanente Medical Offices at 1630 E. Main Street, El Cajon, at the Otay Mesa Outpatient Medical Center at 4650 Palm Avenue, San Diego, and at the San Marcos Kaiser Permanente Medical offices at 400 Craven Road, San Marcos.
- ❑ All the Positive Choice 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 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 Wellness Center (858) 573-0090 or on-line at www.positivechoice.org.
- ❑ All group counselors have either a master's degree or doctorate in psychology/counseling, nutrition, 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.
- ❑ 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. (At this time, there are no morning or afternoon groups offered at Bostonia, and no morning groups offered at Otay or San Marcos.) Every month new groups are started; days and times vary.
- ❑ The Partial Fasting Program is offered only in the evening in Clairemont Mesa. Individuals who prefer a morning group have the option to do the modified full fast in a morning Fasting Program group. The full food weight loss plan is available only in the Partial Fasting Program in Clairemont Mesa.
- ❑ Payment for missed groups in the Fasting Program is required.
- ❑ People who actively participate in the program are the most successful. It is for this reason that group attendance is required.
- ❑ Friends, family members and significant others must enroll in separate groups. Experience has shown when family members or friends participate in separate groups their success is much greater. In addition, we require co-workers to choose separate groups.
- ❑ People can purchase an extra box of supplement to have on hand in case of emergency.

- ❑ MasterCard, Visa, American Express, and personal checks are accepted. When paying in cash, the **exact change** is appreciated.
- ❑ Specially formulated chicken soup is available for anyone. In most cases it is optional; however, some medical conditions will require certain people to use the soup. The charge for a box of soup containing twenty-four servings is \$22.
- ❑ People who are using 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 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 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).
- ❑ People who are following the full fast or partial fast weight loss plans 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.
- ❑ Enrollment in the Weight Management Program requires that each person complete and turn in a pre-program questionnaire which is given out at information sessions. Failure to complete and turn in this questionnaire will delay enrollment in a weight loss group.

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 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.
- ❑ Thirty percent 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

- ❑ Ninety-three percent of those who had high blood cholesterol levels, dropped on the average, from 285 to 204—an 81 point reduction.
- ❑ 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 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 Wellness Center has been using the fasting and partial fasting supplements as weight loss tools since 1980. Since that time, over 20,000 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 fast or partial fast, will I feel weak or fatigued?

No. The full fast and partial fast liquid supplements 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 the full fast supplement 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.

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 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. Does The Positive Choice Wellness Center offer treatment using medications?

Because a significant number of individuals who chronically struggle with obesity actually suffer from depression, the Positive Choice Wellness Center evaluates each person who is actively enrolled in the fasting program to determine if medication would likely be of benefit. If medication is prescribed, individuals are followed to see if the medication is enabling them to better meet their goals in the program.

Those who need treatment with medications are required to attend periodic, individual appointments with a medical provider. Only those people who are participating in one of the fasting programs are eligible for medical interviewing. The fees for these appointments and the medications are not included in the Weight Management Program fees.

Most of the medications prescribed are available at Kaiser Permanente pharmacies. Kaiser Permanente members pay according to their prescription coverage. Non-Kaiser Permanente members may purchase their medication at a pharmacy of their choice. On occasion, a medication that is not available at Kaiser Permanente pharmacies will be prescribed. These non-formulary medications may be purchased at any community pharmacy that carries them.

9. How do antidepressant/weight loss medications work?

These medications work by changing the concentration of neurotransmitters (i.e., noradrenalin and serotonin) in the brain; this increase is thought to be responsible for the increased sense of well being, along with for some, a decrease in appetite. However, these medications are **not** magic. Our experience has shown that some people, for the first time, are able to break the cycle of overeating while others find the medications to be of little or no help in curbing their eating behaviors. These medications are useful only in conjunction with significant advances in self-awareness, changes in diet, and regular exercise. On their own, the medications will not make you thin.

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 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.** Since we don't normally break down the fees (product and program), you will need to ask the receptionist to do this each time you check in. 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 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?

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:

- Participate in group meetings at the Positive Choice Wellness Center and follow through with recommendations made by program staff about addressing the reasons you overeat (e.g., de-stress, relieve negative feelings, avoid sexual threat, experience joy, contentment, etc.).
- Stay active at the Positive Choice Wellness Center or regularly attend a structured support system (12-step group, counseling, etc.) after completing the Positive Choice 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.

- Maintain some form of regular exercise. Interestingly, although exercise burns calories, its main benefit usually comes from its de-stressing effect which decreases 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.

13. What other support options are offered at Positive Choice?

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

- Evaluation for and treatment of depression.
- Counseling for weight-related issues.
- Additional reading recommendations.
- **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.
- Fitness services which include fitness assessments, exercise and nutrition consultations, personal training, exercise memberships, and exercise classes in yoga, and muscle toning.
- **Ask the Dietitian—**Free sessions with a dietitian to answer nutrition and weight loss questions. All sessions are at the Clairemont Mesa facility on Mondays, Wednesdays and Thursdays, 5 to 5:30 p.m. and Tuesdays 11:45 a.m. to 12:15 p.m. and 5:30 to 6 p.m. No appointment is necessary.
- **NEW-Triton—Optimal Health through Better Nutrition** is an eight-week education program that presents current nutrition research and provides recommendations and instruction on how to optimize nutrient intake and reduce the risk of disease and premature death.
- **Positive Choice Wellness Center Seminar Series—**the Positive Choice 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.

14. 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:

Fitness Assessments

The Positive Choice Wellness Center offers personalized fitness assessments which include measurements for cardiovascular fitness, muscular strength and endurance, flexibility, and body fat. A consultation with a fitness specialist, a fitness information packet with individualized

data and a personalized exercise plan are also included in this assessment.

Exercise and Nutrition Consultations

Exercise and Nutrition consultations are individually tailored to the specific needs of each person. These appointments can be used to develop a safe and effective exercise plan, or to address specific exercise and nutrition needs, or as a session(s) with a personal trainer.

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 Wellness Center is equipped with free weights, two treadmills, three exercise bikes, and an elliptical trainer. Membership includes a personalized exercise prescription and training plan developed by a fitness specialist. The exercise room is open Monday through Thursday, 8 a.m. to 6:30 p.m.

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 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.

15. Will fasting cause me to binge?

Binge eating is a psychological disorder and the most common type is nighttime binge eating where people consume the majority of their calories between 3 p.m. and bedtime. Although one study has shown a temporary increase in binge eating episodes following a calorie-restricted diet, most studies demonstrate reduced binge eating following a calorie deficit and portion-controlled diet.

16. Will I need to take in extra calories if I am healing from surgery or have a strenuous job?

Our medical staff will prescribe the product that is best for you based on your medical screening. If it is determined that you need extra calories, your weight loss supplement plan can be modified to accommodate jobs, lifestyle or medical conditions. Thanks to an expanded line of OPTIFAST 800[®] products, this can often be done without having to add food. OPTIFAST 800 is considered to be a very low calorie diet (VLCD) in the same category as OPTIFAST 70[®]. Although the calories are higher in the OPTIFAST 800, the weight loss is almost the same.

HOW TO ENROLL

- **Read through this information booklet.**

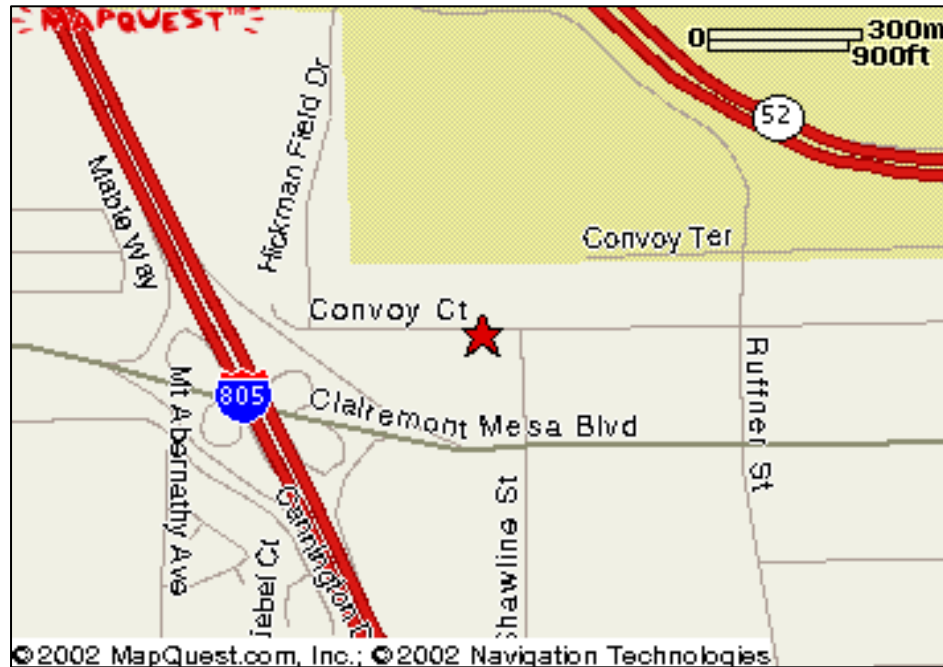
- **Schedule and attend a the Positive Choice Wellness Center Weight Program Information Session.**
Come to the Information Session knowing your schedule and when you can make appointments.

- **Schedule and complete your Weight Program Medical Clearance appointments** (1st appointment, Lab and EKG; 2nd appointment, meet with a medical provider) **and a Body Assessment Appointment.**
You will have the opportunity to schedule the first of your three appointments required to start the program at the program information session. The two remaining appointments (2nd Medical Clearance appointment and Body Assessment) will be scheduled for you at the time of the 1st Medical Clearance appointment.
If you attend an information session and need time to think about our program before making a commitment, you may call us at anytime to make your appointments.

Congratulations!

After completing these steps, you will be enrolled in the Weight Management Program. We look forward to supporting you in your wellness efforts.

CLAIREMONT MESA MAP



(858) 573-0090

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 Wellness Center is the second building on the left.

7035 Convoy Court

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 Wellness Center is the second building on the left.

7035 Convoy Court

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.

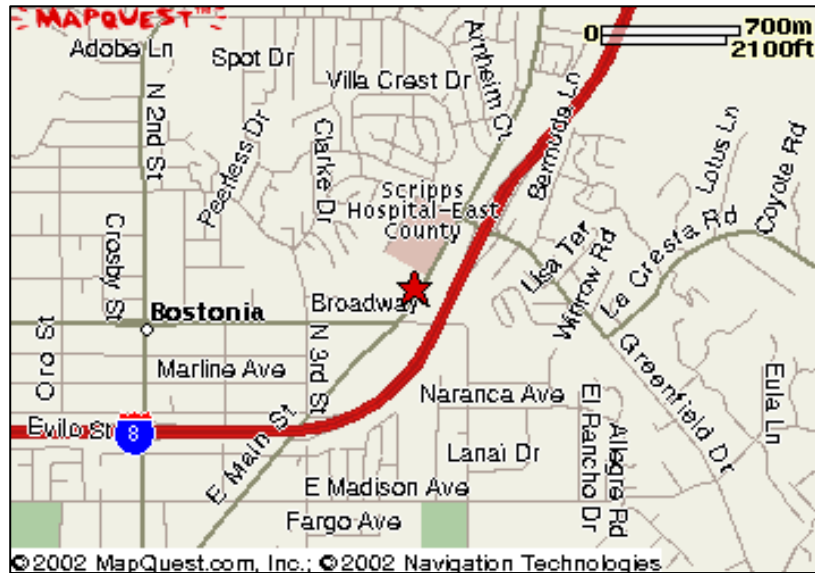
The second light is Convoy Court.

Make a right-hand turn onto Convoy Court and go several blocks.

The Positive Choice Wellness Center is the second building on the left.

7035 Convoy Court

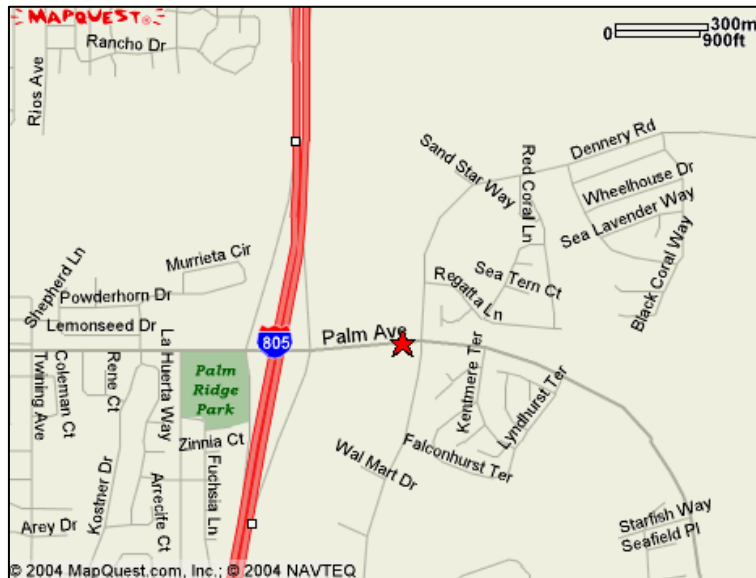
BOSTONIA MAP



Take I-8 to El Cajon.
Take the Greenfield exit (North – left at light).
Turn left on East Main Street (second signal).
The building is on the corner of East Main Street
and Broadway.

**1630 East Main Street
Third floor in the Department of Psychiatry**

OTAY MESA MAP



Directions if you are southbound:

805 South

- Exit Palm Avenue in Otay Mesa area.
(Note: **Do Not** exit the Palm Avenue in National City.)
- Make a left onto Palm Avenue.
- Medical office is on left-hand side of street—make a left onto Dennery Road (light) then left into parking lot at the first light.
- Go to Building A. The clinic is located on the first floor.

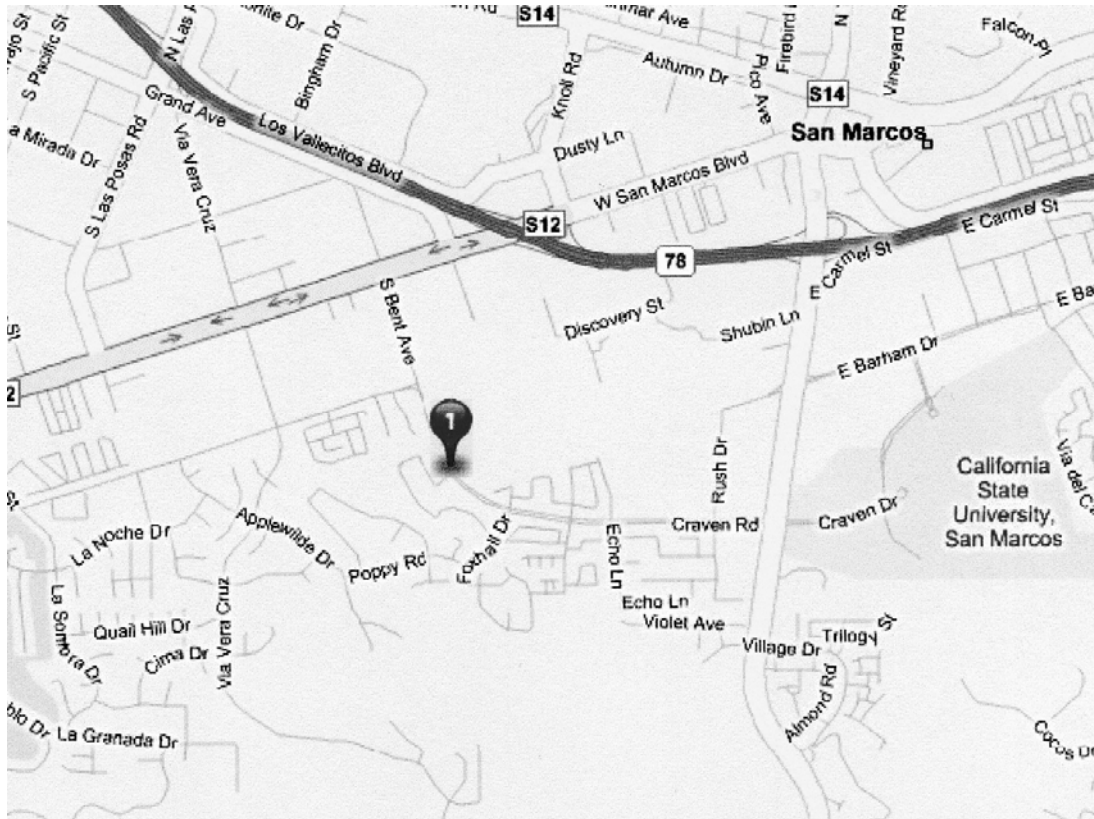
Directions if you are northbound:

805 North

- Exit Palm Avenue.
- Make a right onto Palm Avenue.
- Medical office is on left-hand side of street—make a left onto Dennery Road (light) then left into parking lot at the first light.
- Go to Building A. The clinic is located on the first floor.

**Otay Mesa
4660 Palm Ave., Bldg. A
San Diego, CA 92173**

DIRECTIONS TO SAN MARCOS FACILITY



San Marcos Medical Offices—Building 3

400 Craven Road.
San Marcos, CA 92078

Directions:

Take Highway 78 to the Twin Oaks Valley Road exit and go south.
Turn right on Craven Road. The medical offices are located on the right.

Go to Building 3, 2nd floor.

Check-in at the last station in Primary Care.