

It's time to get healthy.

THE NEW DAY, NEW WEIGH PROGRAM



FLORIDA
HOSPITAL



You can do this.

And you don't have to do it alone. Our New Day, New Weigh medically-assisted weight loss program makes it easy and fun to optimize your health through nutrition, safe exercise, and behavior modification to fit your lifestyle.



A unique program for a unique you.

The Florida Hospital Diabetes Institute has developed the six-month New Day, New Weigh program that is designed to help people who have tried various diets and exercise programs but have been unable to keep the weight off. Using a unique, personalized, multidisciplinary approach, this program aims to identify and treat the underlying problems and help you lose weight once and for all.

Is New Day, New Weigh for me?

New Day, New Weigh is an excellent option for patients who may struggle with:

- Losing abdominal fat
- Craving sweets or carbohydrates daily
- Feeling sleepy after eating, or shaky after going without food for several hours
- A family history of diabetes or escalating levels of obesity in parents, siblings or children



Here's what you can expect.

Our dedicated specialists will help educate you on your medical treatment, optimize your nutrition and start a safe exercise program that's right for you. With individual counseling and access to a team of experts, you'll have a supportive team to help you succeed.

PRIVATE CONSULTATIONS

- Endocrinology provider visits with our obesity specialist team, covered by many health insurance companies
- Comprehensive hormonal evaluation

NUTRITIONAL SUPPORT

Comprehensive one-on-one nutrition assessment and counseling includes:

- Review of Nutrition Assessment Form, medical history, labs, food diary, likes/dislikes, and any factors that may influence your nutrition such as sleep, stress, time, finances, family responsibilities, etc.
- Personalized method of meal planning that suits your lifestyle to best maximize your weight loss
- Discussion of short-term and long-term goals, followed by practical and tailored strategies

BEHAVIORAL ASSESSMENT

One-on-one behavioral health counseling includes:

- Review of current behavior patterns relating to eating, exercise, and other health habits with a behavioral assessment
- Discussion of potential weight loss barriers and personalize actionable ways to be successful
- Recommendations for a tailored plan of care as it pertains to behavioral health

FITNESS

One-on-one exercise specialist visit includes:

- Fitness assessment and individualized exercise prescription provided by an exercise specialist
- Recommendations for personal ways to incorporate exercise to be successful with weight loss

ONGOING SUPPORT

- Monthly body composition measurement
- Monthly lifestyle education classes led by a member of your care team discussing whole-person health with a focus on weight management and glucose control





Resources for pre-diabetes.

The New Day, New Weigh program can help patients with pre-diabetes, which is also referred to as insulin resistance. Pre-diabetes is a condition in which the body becomes less able to utilize the insulin produced by the pancreas. This resistance, which develops in one out of every three American adults, results in a higher requirement of circulating insulin in order to maintain normal levels of glucose. The inability to lose weight can be attributed to insulin resistance.





Take charge of your care.

Don't wait to make this positive change for your health. Begin your journey with us.

Visit **NewDayNewWeigh.com** to request an appointment or call us at **(407) 966-4401**.

