

The Healthy Foundations lifestyle modification program will help you feel healthier, lighter and more fit.

Let us be right beside you on your journey.



TAKE THE NEXT STEP TO ENJOYING A MORE ACTIVE, HEALTHY LIFE!

Evidence shows that the best option for improving your current health and reducing your risk of future illness is a structured program of physical activity and change in nutrition. Our Healthy Foundations program takes the guesswork out of it with a customized program to meet you where you are on your path to wellness. With the help of our expert healthcare providers which include Registered Dietitians, Certified Nutritionists, Physical Therapists and Exercise Specialists, Pinnacle Medical Wellness and Valley Medical Center have teamed up to offer an intensive, 16-week lifestyle modification program to help you get strong, healthy and build positive lifestyle habits.

## Fitness Center

UW Medicine | VALLEY MEDICAL CENTER

POWERED BY  Pinnacle  
MEDICAL WELLNESS

## Program Overview

**Length: 16 weeks**

**Cost: based on insurance benefits/plan coverage\***

### Life Skills Addressed:

- Food education
- Lifestyle modification & goal setting
- Exercise as medicine
- The psychology of eating

### REGISTER TODAY!

**Phone: 425.656.4006**

**Fax: 425.656.4265**

**E-mail:**

**healthy\_foundations@valleymed.org**

*\*Financial assistance, insurance subsidy and payment plans available*

### Included in the Program:

- 1:1 Medical nutrition counseling
- Meal planning (*optional 21-day Purification Program also available at additional cost*)
- Physical therapy evaluation, consultation and treatment (as needed)
- Prescriptive exercise program with biometric measurements and SMART goal setting
- 4-month Fitness Center membership at VMC or Pinnacle locations
- Grocery store tour and restaurant field trip
- Group support and education series

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