



A NEW ME

HEALTHY BALANCE MATTERS

» Eat Well » Move More » Stress Less

Program information



A New Me: Healthy Balance Matters

Program Information

Have you struggled with...

- » **Maintaining a healthy body weight?**
- » **Committing to regular physical activity?**
- » **Coping with high levels of stress?**
- » **Sticking with a healthy, balanced diet?**
- » **Being your best physically, emotionally and mentally?**

A New Me may be the program for you!

It's more than a weight management program. It's a proven, comprehensive and holistic lifestyle management program that seeks to go further than anything you have ever experienced.

By connecting nutrition/weight management, physical activity and stress management, A New Me can help you reach a healthier you and provide the tools you need to maintain a well-balanced life.

Three Components of A New Me:

- 1. Eat Well: Make mindful choices**

Eating well is about more than eating the right foods. It's about planning, slowing down and truly enjoying each dining experience. A **registered dietitian** will offer you information and tips for making smarter food choices. You'll get ideas and information on shopping, preparation and recipes, plus participate in cooking demos and taste testing.
- 2. Move More: Find the active you**

Overcome the barriers that prevent you from living your most active life. Put any negative experiences with physical activity forever in the past. An **exercise physiologist** will help you discover the right moves for you and help you plan to start moving more.
- 3. Stress Less: Build resilience and resolve**

This is where A New Me most dramatically differs from other programs. We all understand that we should eat well and move more. So why don't we do it? Emotions, stress, lack of sleep and low self-esteem can derail our best efforts. The root causes of why we don't live our best lives are in our thoughts, beliefs, attitudes and perceptions. A **stress management expert** will guide you through the topics mentioned above, share ways to bounce back from setbacks, help you get control over your thoughts and find the new you.

A New Me is a program where you learn about yourself as a whole. If you want to be healthy, view this program as a gift and embrace it.

It looks at all the pieces of the pie—physical, emotional and social. Without all the pieces, you fall apart. It's not an overnight thing; it's a process and a life change. I now have the knowledge and tools to continue on with my lifestyle changes.

*~ Robin,
program participant*

BASE PROGRAM (12 weeks)

Education classes

- » 12 weekly 75-minute classes
- » Facilitated by a registered dietitian, exercise physiologist, stress management expert and a certified health and wellness coach
- » Meet at Mayo Clinic Health System in La Crosse

Education class topics

Eat Well	<ul style="list-style-type: none">» Build a nutrition foundation» Create a healthy pantry» Explore how food is medicine» Learn meal planning methods and experience a cooking demonstration» Discover healthy dining out strategies and food industry tactics
Move More	<ul style="list-style-type: none">» Make a plan, get resources and make activity a reality» Overcome the obstacles of exercising in the real world» Get the most from your activity
Stress Less	<ul style="list-style-type: none">» Experience stress management techniques» Learn about mindfulness, emotional eating and sleep deprivation» Realize the importance of self-love and positive thoughts» Prevent relapse and create a vision for the future

Small group coaching

- » The small group coaching is a popular and important part of the A New Me program. These sessions help participants work toward behaviors and lifestyles that align with their commitments and values.
- » Sessions help group members seek understanding, hold each other accountable, share common goals, promote self-discovery, celebrate success, and give and receive support.
- » Small group coaching is not “therapy.” During each session participants will be encouraged to share what they are feeling, sensing or becoming aware of.
- » Small group coaching is not a “class.” While there may be a theme for each session, the format will not be instructional. For example, do not expect to learn how to cook, use hand weights or meditate.
- » Small groups will consist of three to six participants, and will meet for six biweekly sessions of 75 minutes each. All sessions will meet in La Crosse, at the same day and time. Groups will be assigned based on coach and participant availability.

Before A New Me, I could not bend over and tie my shoes. Now that I am 60+ pounds lighter, I can!

I was on three inhalers, two pills and a nasal spray for asthma. Today, I am on one pill! I feel better about myself, sleep better and my clothes fit better—shopping is actually fun. I am more positive about myself and the world around me. I am going to live a longer and healthier life because of A New Me.

A New Me is different because it doesn't say that 'you can't do this' or 'you have to do this.' Nothing is off limits. It is a complete program that teaches you how to enjoy life in all areas. The best part of the program was the positive support that I received. Because the facilitators had faith and believed in me, I started to believe in myself, and I accomplished more than I ever thought I could.

*~ Anita,
program participant*

Pre- and post-assessments

- » Administered pre-program, at 12 weeks and 1 year to:
 - ~ Evaluate the effectiveness of A New Me in fostering and maintaining successful behavior change
 - ~ Measure program satisfaction
 - ~ Gain participant feedback for future improvement

Health screenings

- » Health screenings will measure weight, body composition and blood pressure.
- » Participants will take part in four screenings total: pre-program, 12 weeks, 6 months and 1 year.
- » Screenings take approximately 15 minutes.
- » Screenings will take place at Mayo Clinic Health System in La Crosse.

Confidentiality of assessment and health screening data

- » By choosing to participate in A New Me, your personal data will be available to Mayo Clinic Health System personnel for program evaluation purposes only.
- » No individual data will be shared or reported to anyone outside of Mayo Clinic Health System (including Human Resources, Administration or others).
- » Only aggregate group data will be shared and reported.

BUDDY COACHING PROGRAM (9 months)

- » This optional program matches you with a fellow A New Me participant to provide ongoing support, accountability, motivation, friendship and a sounding board after the 12-week base program ends.
- » Participants will be provided a toolkit with nine discussions and activities based on reasons that people do not maintain behavior change. These thought-provoking topics can guide your monthly discussions with your buddy.
- » Buddy coaching is convenient and works around your schedule. Plan a day and time that works for you and your buddy. You can also choose to meet in person, telephonically or even via email.

ADDITIONAL SMALL GROUP SESSIONS (9 months)

- » Many small groups like to continue meeting on an irregular basis upon conclusion of the 12-week base program. The benefits include continued support and accountability plus the guidance and expertise of the coach.
- » Meetings do not have a formal structure but serve to provide a safe environment for continued sharing and growth. Meeting times are determined based on group preference and availability.

A New Me is the real deal. It works! You will be successful doing this program, and not just for a little while. This program works for life.

Other programs fail because they're not realistic. They don't deal with real people and real needs. They have a cookie-cutter approach, and try to sell you their products and food. When you quit their program, you gain all the weight back. Or they're just focused on exercise and don't teach you how to eat healthy; it's not balanced.

I've dropped 4 sizes, lowered my cholesterol, found a love for kettle ball training, and now take the time to care for myself. I feel amazing all the time. I like me now, and I'm not going back to that person I was before.

*~ Judi,
program participant*

A New Me program cost

- 12 Education Classes
 - 6 Small Group Coaching Sessions
 - 4 Body Composition Assessments
 - Optional Small Group Sessions (for up to 9 months following program completion)
 - Buddy Coaching Toolkit
 - + Program Materials & Handbook
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\$199 for Mayo Clinic employees

\$249 for patients

\$299 for others

Refund policy

Refunds due to withdrawal from the A New Me program will be authorized only due to a medical reason, or if participating as part of an employee wellness program, upon termination of employment with the employer offering the program. Such requests must be submitted in writing to Mayo Clinic Health System – Franciscan Healthcare Health Promotion. Medical reasons for cancellation must be documented by a health care provider. All requests will be handled in the following manner:

- » Cancellation between the first day of health screenings and the first education class: **fee will be refunded at 75%.**
- » Cancellation before your third education class: **fee will be refunded at 50%.**
- » Cancellation before your sixth education class: **fee will be refunded at 25%.**
- » **No refunds will be issued after the sixth education class.**

Before participating in A New Me, you are strongly encouraged to seek medical clearance from your primary health care provider.

To enroll or request more information visit timeforanewme.com.