

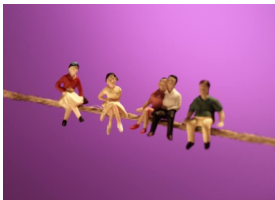
The Lifestyle Balance Program is offered in many communities throughout the Kelsey Trail Health Region.

For more information about the program, or to find out the times and location that the program is being offered in your area, call:

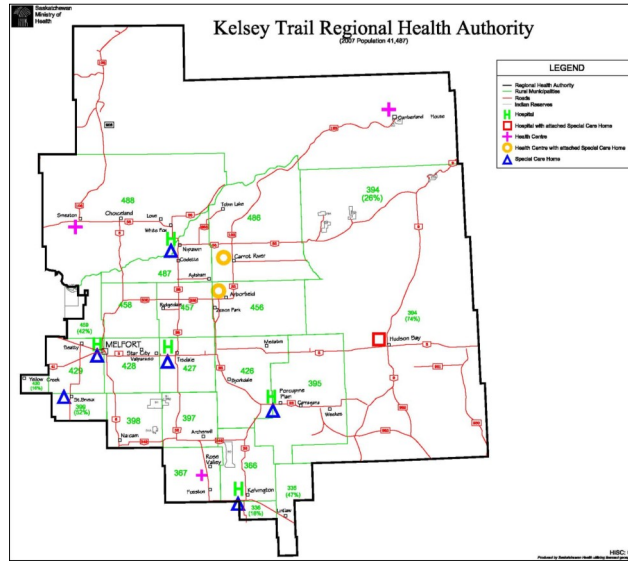
Nipawin Dietitian
 306-862-7255
 306-862-9822

Melfort Dietitian
 306-752-8785
 306-752-8751

Tisdale Dietitian
 306-873-6523
 306-873-3760



The Lifestyle Balance Program was developed by Kelsey Trail Health Region employees to improve and maintain your health and wellbeing.



The Lifestyle Balance Program is a service of the **KELSEY TRAIL HEALTH REGION**

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at 306-873-6600 or visit our website www.kelseytrailhealth.ca



Provincial Health Line—24 hour health advice

KTHR Quality of Care Coordinator
 1-877-573-6601



Lifestyle Balance Program

Lifestyle Balance



Healthy Eating



Active Living



Healthy People in Healthy Communities

Looking to lose weight?

Improve cholesterol levels?

Increase activity?

Reduce stress and get a better night's sleep?

Give yourself 30-60 minutes a week for seven weeks to attend the Lifestyle Balance Program.

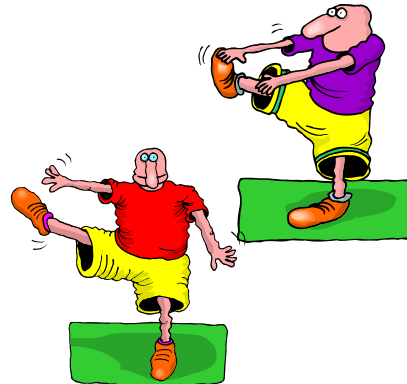
Learn how to improve your health through healthy eating, exercise, and mental well being.

You will learn how to identify and modify your risk factors for chronic diseases such as:

- **High blood pressure**
- **High cholesterol**
- **Overweight**
- **Increased body mass index**
 - **Inactivity**

Lifestyle Balance Program Features

- **7 modules**
- **30-60 minutes long each**
- **This program is NOT suitable for children, and is intended for people who have low to medium risk factors for developing chronic diseases**
- **This program is NOT a weight loss group**
- **Offers practical information and tips**
- **Skill building**
- **“To do” lists and goal setting**
- **Workbook for each module**



Each session includes an exercise component where you will “Move Your Muscles!”

Lifestyle Balance Program Modules

1. **Let's Get Started**
2. **Healthy Eating – Lets Do it Well**
3. **Healthy Eating—We're On Our Way!**
4. **Activity: A Way of Life**
5. **Stress is a Part of Life**
6. **Sleeping Soundly, Fighting Fatigue**
7. **Slippery Slope of Lifestyle Change**

There is no Reason Healthy Living has to be Time Consuming or Exhausting!



It's all about balance.