



# Reclaim Your Health

*with Fairview Physician Associates  
CAN DO Healthy Lifestyle Program*

If you or others in your family have struggled to lose weight and keep it off, here is new hope for success. You already know there are no magic answers: healthy diet and exercise are important. However, research has shown that the real key to successful and permanent weight loss is *lifestyle change*.\*

Your health may be at risk from complications associated with unhealthy eating and inconsistent activity. If so, you may be at risk for heart disease, stroke, cancer and diabetes. You also may be at risk for joint and bone problems that could limit your activities.

***The time to make a change is now.***

## FAIRVIEW PHYSICIAN ASSOCIATES

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 FAIRVIEW PHYSICIAN ASSOCIATES

## *Reclaim your health through balanced activity, healthy eating and positive attitude*

Do you reward yourself with food? Do you spend hours every week in front of the TV or computer? Do you take the elevator when you could take the stairs? Healthy lifestyle changes are easy to talk about, but hard to do without the right motivation and strategy. If you have a strong desire to improve your overall health, **CAN DO** can work for you.



Fairview Physician Associates' **CAN DO** program is different from other healthy lifestyle programs. **CAN DO** goes beyond diet and exercise. The difference is a focus on the *what* and *how* of lifestyle change.

Our health coaches work with you in the context of your family to help you understand what's getting in the way of achieving a healthier lifestyle. You will learn to change your:

*Attitude, by uncovering unhealthy beliefs and values around food and exercise*

*Activity, by understanding why strategies you have used in the past have not worked*

*Appetite, by learning to feel satisfied by eating the right foods at the right time.*

The first meeting will be a group session lasting approximately one hour. Further sessions are conducted individually by phone, e-mail or in person. Sessions will focus on motivational techniques, strategies for success, lifestyle changes and environmental influences with a holistic approach.



CAN DO's *free* General Session offers strategies to get you started. Learn to think in new ways about how to change your attitude, activity and appetite – and make those changes stick. The cost for this six-month course of personalized assessment and coaching is only \$275. Now is the time to reclaim your health. You CAN DO it.

Visit [fpanetwork.org/cando](http://fpanetwork.org/cando) to register for the free General Session and for more information. Parent/guardian permission is required for minors to participate.

*\* According to the National Institutes of Health, "There is strong evidence that combined interventions of behavioral therapy, a low calorie diet and physical activity provides the most successful therapy for weight loss and maintenance."*