

The Choose to Lose Weight Management Program includes:

- An Individual Nutrition Assessment
- Healthful Eating Patterns
- Behavior Modification Strategies
- The Calorie Point System
- Nutrient Composition of Foods
- Label Reading
- Recipe Modification
- Physical Activity Guidelines (presented by an exercise specialist)
- Easy convenience by holding all sessions at your workplace

Brenda Bishop, RD, LMNT, CDE

Olson Center for Women's Health
Choose To Lose Dietitian

*For more information, please call the
Olson Center for Women's Health at
402-559-6345*

The Olson Center for Women's Health is located on the University of Nebraska Medical Center campus. The Olson Center offers women comprehensive care for every stage of her life. We are the only women's center in the area that provides women comfort and convenience with not only our top healthcare specialists, but also with our many services that include: primary care, ob/gyn care, breast care, digital mammography and imaging scanning, high risk pregnancy care, mental health, physical therapy, and many more all at one location designed around a woman's needs.



Choose to Lose

Workplace Weight Management Program



A Weight Management Program at the Workplace

A highly successful weight management program is now available for companies to offer their employees. Choose to Lose has been offered at The Nebraska Medical Center for 10 years under the direction of Brenda Bishop, a registered dietitian and licensed medical nutrition therapist. The program consists of six group sessions and three individual sessions which allow nutritional consultations to meet each person's needs. Through the program, employees are taught how to take off those extra pounds and keep them off FOR GOOD by making healthy choices using 'regular' everyday foods.


By incorporating it at work, the Choose to Lose program provides the support and encouragement of co-workers as employees meet their weight management goals.

How it works:

Group sessions are educational gatherings of several employees to learn nutritional and behavioral concepts and strategies. Next, the initial individual session privately addresses an employee's goals and food plan, specifically looking at their lifestyle, food preferences and health. Future individual sessions monitor the progress and adjust the plan as needed.

Why it works:

By providing the program in the workplace, companies are making it easy for employees to access group and individual consultations on lifestyle, food preferences, and health. The cost for the program is \$225 / employee. If you are interested, or to schedule Choose to Lose at your company, please call the Olson Center for Women's Health, 559-6345.



"Success comes from the emphasis on adopting a healthy eating pattern for life rather than providing a short-term weight loss fix."

Brenda Bishop
Registered Dietitian