

Picking the Weight-loss Program That's Best for You

Beaufort Memorial offers two programs to help you lose weight and keep it off. Both offer substantial, long-term results. The following can help you decide which may be right for you.

	Body Makeover	Healthy Weight
Program Details	<ul style="list-style-type: none"> • 12-week program • Pre-, mid- and post-program assessments including bloodwork (lipid, glucose and a1c), girth, body composition, fitness and social support, in addition to an initial health history assessment • Weekly goal-setting and education with your coach • Three private sessions with a registered dietitian • Three one-hour personal training sessions per week with your coach and teammates • Grocery-shopping and healthy-cooking sessions • Daily food-log monitoring • Discounts on additional personal training sessions • Personalized exercise prescription • Team support and cross-team competition to boost engagement • Prizes awarded to winners 	<ul style="list-style-type: none"> • 24-week program • Led by board-certified obesity medicine specialist Dr. Yvette-Marie Pellegrino • Comprehensive, individualized plan including nutrition, exercise, behavioral modification and medication (if deemed necessary) • One 1-to-2-hour initial visit with the physician to review history, do a physical exam and develop your plan • 12 physician visits to monitor progress, overcome obstacles and make any needed plan adjustments • Seven private sessions with a registered dietitian (up to 14 for Medicare beneficiaries) • Guided use of free MyFitnessPal app to monitor nutrition • Discounted LifeFit package with six-month membership and eight sessions with a wellness coach/exercise physiologist (optional, additional \$200)
Who You'll Work With	<ul style="list-style-type: none"> • LifeFit wellness coach (exercise physiologist) • Registered dietitian 	<ul style="list-style-type: none"> • Dr. Yvette-Marie Pellegrino, board-certified obesity medicine specialist • Registered dietitian
Requirements	Body Makeover is open to anyone. LifeFit membership is not required.	The Beaufort Memorial Healthy Weight program is available to individuals with a body mass index (BMI) of equal to or greater than 25, or with a physician referral (e.g., patients seeking joint replacement surgery).

Body Makeover

Healthy Weight

Expected Results

- Weight loss of 1-2 pounds per week
- Improved body composition (for example, a decrease in inches around the stomach, hips, or thighs)
- Increased muscle mass
- Improved strength, endurance, flexibility, and balance
- Healthier lipid/blood sugar profile
- Favorable changes in mood, energy, and confidence

- Weight loss of 1-2 pounds per week
- Long-term weight management and health improvements
- Reduced risk of overweight- and obesity-associated conditions, including Type 2 diabetes, high blood pressure, coronary heart disease, stroke, osteoarthritis, sleep apnea and some cancers.

Nutrition

Registered dietitians provide a personalized plan and instructional grocery shopping tours. Local chefs demonstrate healthy cooking techniques and recipes.

Nutritional guidelines are customized and may use elements of any of the following: ADA, celiac, DASH, keto, low calorie, vegan/vegetarian, low carb, meal replacement, Mediterranean, paleo or intermittent fasting.

Exercise

Small teams, led by one of LifeFit's wellness coaches, meet three times a week to exercise. Fun competitions are held between teams and individual accomplishments are recognized with prizes.

Exercise goals will focus on activities that you enjoy and can incorporate into regular habits.

Lifestyle

Learn how to address the habits that are negatively influencing your health and gradually replace them with healthy, sustainable habits.

Obstacles to losing weight are addressed for realistic and ongoing lifestyle changes to maintain a healthy weight. Medications to regulate hormones or insulin, slow down digestion or target binge-eating disorders may be prescribed as part of the long-term maintenance plan.

Pricing/Insurance Coverage

\$600
(not covered by insurance)

For individuals with other diseases in addition to being overweight (e.g., Type 2 diabetes, coronary heart disease, sleep apnea), insurance may cover the program or cover with a copay. Package price of \$2,000 is available to those without insurance coverage (lab tests and any medications are additional)

Location

Beaufort Memorial LifeFit Wellness Center
990 Ribaut Road, Beaufort
843-522-5635

Beaufort Memorial Lady's Island Internal Medicine
117 Sea Island Parkway, Lady's Island
843-522-7240