



# CALGARY WEIGHT MANAGEMENT CENTRE

SAFELY ACHIEVE A HEALTHY WEIGHT... THAT LASTS.

www.cwmc.ca



Many commercial diets include restrictions that cannot be maintained, and this often results in weight cycling which can have a significant impact on one's physical and emotional health. The CWMC™ Weight Management approach is based on ***clinical practice guidelines*** published in the Canadian Medical Association Journal in 2007. We address the medical, nutritional, fitness and psychological aspects of weight control, and we personalize your treatment to properly align with you and your life circumstances.

## CWMC™ offers a COMPLETE approach to LASTING weight control.

Not sure where you're at, or how to start? Visit us at CWMC™ for an initial medical assessment by the CWMC™ physician. This will help us understand you and your health better. You will learn if you have or are at risk of developing health conditions such as diabetes, hypertension, high cholesterol, heart disease, liver disease, sleep apnea and more.

- Detailed medical history and physical examination.
- Laboratory tests as indicated
- Resting metabolic rate and nutrition assessment
- Initial recommendations to improve health, nutrition and fitness

## CWMC™ Comprehensive Treatment Program

This program is available to those individuals who are seeking advice and support from the entire CWMC™ Healthcare Team:

- **Medical Doctor:** Get evidence-based recommendations for healthy, lasting weight loss. Feel strongly supported throughout your progress through the treatment program.
- **Psychologist:** Learn important strategies to help identify and overcome unhealthy behaviours, and gain the confidence you need to put plan into action and achieve your goals.
- **Dietitian:** Eat the right quality and quantity of foods for safe, LASTING weight loss, and for your specific health conditions. Develop tricks to enjoy eating out and to control unhealthy cravings.
- **Exercise Physiologist:** Enjoy exercise without getting hurt! Have more energy and feel better about your health and yourself.
- **Other benefits include:**
  - ⇒ Valuable and practical take-home advice through our Group Education Classes
  - ⇒ Access to our Nutrition Consultant throughout the program to help address your concerns or questions, and provide you with ongoing support on an as need basis
  - ⇒ Most importantly, each member of CWMC™ Healthcare Team will meet regularly to discuss your progress and optimize your treatment program.

**PERSONALIZED TREATMENT MEANS SAFE, HEALTHY, LASTING WEIGHT LOSS.**



Call CALGARY WEIGHT MANAGEMENT CENTRE at 403.272.CWMC (2962)  
for more information or to book your assessment



## Who is CALGARY WEIGHT MANAGEMENT CENTRE?



CWMC™ is a patient focused weight loss and weight management facilitator that provides **COMPREHENSIVE**, **REALISTIC** and **HEALTHY** weight control programs.

With **personalized** plans, we will assist you to reduce your weight, modify behavior and re-learn fundamental life skills to support you in maintaining your weight and establishing balance and fulfillment in your life.

### How are we unique?

There is no cookie-cutter approach for diet, exercise and weight management. Everyone is different. At CWMC™, we develop CUSTOMIZED programs that appropriately align with YOU and YOUR life circumstances by focusing on YOUR unique concerns, needs and goals.

*We help people make LASTING change.*



## FEATURES OF A HEALTHY WEIGHT LOSS PROGRAM:

- Helps you set realistic, achievable and sustainable goals
- Encourages a healthy RATE of weight loss
- Approaches weight management through healthy lifestyle changes
- Includes all essential nutrients
- Includes a multi-disciplinary approach
- Emphasizes the importance of physical activity in weight control
- Is tailored to your specific likes, dislikes, and life circumstances
- Provides long term support – to be there for you and help you to maintain your healthy lifestyle changes



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