

Cohen Good Life Fitness Center, located at our New Britain General campus, offers supervised exercise provided by specially trained and credentialed exercise professionals. We promote regular physical activity as a means to manage weight and improve health. Individualized exercise prescription and instruction, as well as close monitoring, are available in our fitness facility.

Behavioral Health Counseling – available for individuals whose living patterns, emotional triggers, and psychological issues and/or traumas need to be addressed to effect lasting lifestyle changes and weight management.

On Track – because weight management is a lifelong process, all programs include the option of enrolling in our maintenance series, which helps individuals keep off the weight they have lost and continue to lose weight, if necessary.

At Weigh Your Options we provide you with options – now the choice is yours.

To attend an information session about **TakeOffsm**, **CORE** or **weight-loss surgery**, or to schedule a **nutrition counseling appointment**, please call 866-668-5070.



11 South Road, Farmington, CT
www.thocc.org/services/weigh

Weigh Your Options Weight-Loss Programs



WEIGH YOUR OPTIONS
Clinical weight loss center

The Hospital of Central Connecticut continues to be a leader in the treatment of overweight and obesity

No two people are exactly alike, which is why the Weigh Your Options Clinical Weight Loss Center offers a variety of weight-loss programs. Whether you want to lose a few pounds or need to lose 100 or more pounds, our staff can help you select the best program. We offer programs with reduced-calorie food plans, medically monitored, very-low calorie liquid diets, and weight-loss surgery.

The Hospital of Central Connecticut has offered clinical weight-loss programs for nearly two decades. Our unique, multidisciplinary approach sets us apart from other programs. Our team includes a full range of skilled professionals to help you meet your weight-loss goals, including medical and surgical physicians, registered nurses, registered dietitians, behavioral counselors, and exercise physiologists.

We care for the “whole” person

We recognize that losing weight involves more than just changing the way you eat. Our programs offer:

- Nutrition education
- Behavior modification
- Medical supervision
- Psychosocial support
- Exercise consultation and supervision

We offer these programs:

TakeOffsm – our medically monitored, very-low calorie diet program uses liquid meal replacements and/or grocery food. This program is designed for those who need to lose significant weight and/or those with obesity-related medical problems. TakeOffsm promotes a more rapid weight loss. Participants are seen weekly by a physician and registered nurse to monitor progress and adjust medications. Participants also attend CORE, a 12-week program which includes nutrition and physical activity education and behavior modification.

CORE – required for TakeOffsm participants and for those who elect to manage their weight loss through a less aggressive, reduced-calorie food plan. Participants attend a 12-week education program. Classes cover nutrition and physical activity and examine the psychological/behavioral barriers to weight management.

Individual Nutrition Counseling – available for the dietary treatment of weight management, high blood pressure, heart disease, osteoporosis and other medical conditions. A registered dietitian will review participants’ diet, weight and medical histories to develop a nutrition plan and help individuals set goals to make lifestyle changes.

Weight-Loss Surgery – The Hospital of Central Connecticut is a Center of Excellence for Bariatric Surgery. We perform a variety of weight-loss surgeries, including gastric bypass, gastric banding and sleeve gastrectomy. These weight-loss surgery options are available for those who meet certain medical criteria, including the need to lose 100 or more pounds and/or the presence of medical problems caused by obesity such as diabetes, sleep apnea, elevated blood pressure, and high cholesterol. The hospital offers other services to supplement our weight-loss programs, including our Cohen Good Life Fitness Center.