

# Healthy You / Change for Life

We created our Healthy You group in 2001, and this year we are thrilled to be celebrating the running of our 100th program! Patients who participate in Healthy You are encouraged to make lifestyle changes (such as improving eating habits or incorporating more physical activity in their life) to optimize their health and feel good about themselves.

We have proudly shared Healthy You with over 70 other Family Health Teams and health institutions in Ontario and beyond. Over time, this group has transformed from a weight-management program with emphasis on numbers on the scale to one that focuses on Health At Every Size®, which promotes health and wellness independent of weight change.

Because our patients have had such a positive response to Healthy You, we developed a follow-up support group called Change for Life. This group is for participants who have completed Healthy You and want to stay in touch with other participants as they continue to focus on making lifestyle changes to improve their health. Some of our participants have been participating in this group since its inception, and we are happy to see them continue to maintain a healthy lifestyle!

Here's what some participants had to say:

**“The Healthy You program has helped me to transform my life through learning how to not only make healthier food choices but to also incorporate exercise, healthy food and treats into an overall busy lifestyle.”**

**“I have been participating in this group for a few years. It's nice to know that other people have the same concerns and struggles when it comes to making healthy choices. I have learned how to make good choices that can make big changes in my overall health.”**

**“Since taking the Healthy You program I feel more energized and have better mental health.”**

And here's a poem composed by a Change for Life participant who was inspired after a group session on mindful eating:

## **Am I Hungry?**

*I savour the food my body needs  
No cellphone or TV  
I eat without distraction and mindfully  
For mindful eating is good for me*

