

Our *Healthy You* Group is 100 Times Good!



This year we are excited to celebrate our **100th *Healthy You*** group! *Healthy You* is a made-in-Hamilton, 12-week lifestyle program that uses an evidence-based behaviour change approach to help optimize health and wellbeing through eating well, being active and feeling good about yourself. *Healthy You* won the Association of Family Health Teams of Ontario Bright Lights award in 2013 for advances in health promotion and chronic disease prevention, and we have proudly shared the model with over 70 family health teams and other health institutions in Ontario and with other primary healthcare groups across Canada.

Originally developed as a weight-management program, *Healthy You* has undergone a number of changes in the past 17 years. In 2015, *Healthy You* was modified to align with the Health At Every Size® (HAES) philosophy. This involved modifying the language to remove any weight bias and the promotion of improved health and wellness independent of weight change. *Healthy You* has been shown to be highly effective in promoting lifestyle changes that can result in meaningful improvements to health conditions, such as diabetes, dyslipidemia and hypertension. Participants also report significant improvements to subjective measures related to quality of life.

Here is what some of our participants had to say about their experience in *Healthy You*:

“

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.

”

