



IT'S TIME TO PUT YOURSELF FIRST.

Northwest Allen County School Corporation wants you to know that YOU matter and that your well-being is critical to their mission. In partnership with Parkview Health, they are offering a Weight Management Program at **no charge** for employees, spouses, and dependents (18 and older) who are on the NACS health plan.

Struggling with any of these?

- Excess body weight
- Metabolic syndrome
- Kidney disease
- Heart disease and associated risk factors
- Inflammation
- Prediabetes or diabetes
- Gastrointestinal issues
- Food intolerances



Why waist circumference matters.

Your waist circumference is a good indicator of how much fat is deep inside the belly, around the organs, also known as visceral fat. This measurement can be a clue to whether you're at higher risk for type 2 diabetes, high blood pressure, high cholesterol, and heart disease. For your best health, waist circumference should be less than 40 inches around for men and less than 35 inches for women (this may vary depending on race or ethnicity).

Start at the top of your hip bone and bring the measuring tape all the way around your body. Make sure the tape is not too tight and that it's straight, even at your back. Exhale and check the number on the tape measure.

Did you know that it only takes 5-10% of weight loss to have a POSITIVE impact on your health?

Program Details

Starting and maintaining a weight loss journey can be overwhelming. Studies have shown that having an accountability partner to provide guidance and help keep you on track is more successful than going at it alone. Our wellness coach is here to help you through your journey to better health. Program benefits include:

- Education on the complexity of obesity
- Understanding how to approach your weight loss journey and navigate available resources
- Support person to guide and encourage you on your health journey
- Guidance on proper nutrition and physical activity based on your ability
- Minimum of 5 in-person or virtual sessions

Start your weight loss journey by contacting our wellness coach!

Alex Degitz, alexandra.degitz@nacs.k12.in.us



**Northwest
Allen County
Schools**



In partnership with:
PARKVIEW
EMPLOYER SOLUTIONS
WORKPLACE WELLNESS