

*Now is the time!*

Need to make some lifestyle changes to lower your risk of heart disease and other chronic illnesses and improve your overall health? We may have just what you have been looking for!

Our staff at the Dupont Resource Center offers one-on-one mentoring through Dupont Hospital's Personal Lifestyle Management Program. The program features scientifically-based behavior modification techniques in the areas of nutrition, exercise, weight management, smoking cessation, stress management, and disease and health risk management.

You will work closely with a certified mentor who will lead you through the program and provide coaching and encouragement.

Our one-year program is customized to your unique life and health situation and includes 24 one-on-one coaching sessions at which individualized goals and action plans are determined and reviewed. Educational materials and outcome reports are provided for you and your physician.

To promote long-term success, the program stresses internal motivation, single-concept skill building, goal setting, problem solving, self monitoring and relapse prevention.

*Let us help you on the road to better health!*

### Fitness

Our program includes, among other topics, education related to exercise and we encourage you to get active and stay active. You may choose the fitness activities that are right for you.

To help you start off on the right foot, we have partnered with Kachmann Mind Body to offer a fitness component. When you sign up for our Personal Lifestyle Management Program, your package includes either two months of unlimited group classes **or** two one-hour sessions with a certified personal trainer or certified yoga instructor at the Kachmann Mind Body Institute.

Of course, you may choose other exercise and fitness activities on your own.

### Convenient locations

Our staff provides mentoring in two convenient locations:

- Dupont Resource Center  
(on the Dupont Hospital campus)
- Kachmann Mind Body Institute  
(on the Lutheran Hospital campus)

### Resources online

To view a short video about our program, go to [thedupontdifference.com](http://thedupontdifference.com). Under the "Wellness Programs" tab at the top, click on "Personal Lifestyle Management".

Most of us know what it takes to stay healthy.

Exercise regularly. Eat a variety of nutritious foods. Maintain a healthy weight. Don't use tobacco. Control your blood pressure and cholesterol. Manage stress.

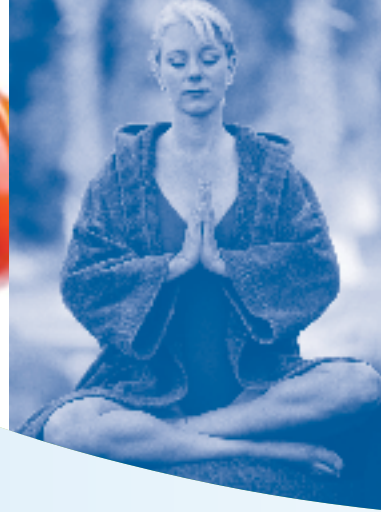
Despite all that, do you still struggle to maintain optimal health? If that's the case, you may need a more structured program or one-on-one encouragement to build healthy routines into your lifestyle. The Dupont Hospital Lifestyle Management Program may be just what you need.

Our one-on-one mentored program can help you reduce your risk for heart attack and stroke while improving your overall health, fitness level and well-being.

The program focuses on helping you:

- achieve and maintain a healthy weight
- practice good nutrition
- exercise regularly and properly
- manage stress
- quit tobacco use

**For additional information on getting started on the road to better health, call us at 260.416.3009.**



## Dupont Resource Center for men and women

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2512 E. Dupont Road • Suite 220  
Fort Wayne, IN 46825  
260.416.3009  
[thedupontdifference.com](http://thedupontdifference.com)

kachmann  
*mind***BODY**  
institute

Lutheran Hospital Campus  
7900 W. Jefferson Blvd.  
Medical Office Building One

For maps and directions, go to  
[thedupontdifference.com/PLM](http://thedupontdifference.com/PLM).

*Explore wellness.*