

RCMP Program Description & FAQ

The Wellness Garage (WG) RCMP Weight Management Program is a year-long program designed to help you develop lifestyle habits to reach and maintain a healthy weight. Our goal at WG is to equip you with the knowledge and skills necessary to apply within the context of *your* life. At the end of your WG year-long program, we want you to be empowered to be the healthy person you want to be for life!

Program Design

- Our program is designed around an initial assessment that reviews your symptoms and core lifestyle behaviours across six pillars of health:
 - Nutrition
 - Exercise
 - Sleep
 - Stress Tolerance
 - Relationships and
 - Sense of Purpose.
- Based on your assessment, including lab work and DXA body composition scan, your program will be individualized to meet your needs- grounded in science and evidence based medicine.
- We use a team-based approach that incorporates specialists in their fields to deliver a precision program that is specific for you. Think of the team as your Formula One pit crew, here to help you perform your best along your **Health Journey**.
- Following your assessment, you will review your results with each specialist and a WG physician. Your results are reported in a **Precision Health Tune Up** with interventions developed by your team to address lifestyle behaviours that are specific to you across the six pillars of health.
- Your program will focus on behavioural changes that are *attainable and sustainable by you* based upon your readiness to change and always includes your input.
- As we typically lead with nutrition, your program will begin with follow-up appointments with our nutritionists to give you the

confidence necessary for you to carry out the nutritional recommendations developed to fit your goals and lifestyle.

- Throughout your health journey, we will provide you with weekly resources and recommendations through our digital platform **myHealthJourney**. Your engagement with **myHealthJourney**, will be continuously monitored by your WG team.
- Throughout your health journey, you will have access to your team (or Pit Crew) when you need them and your program will also be evaluated throughout the year to determine your progress and what changes are necessary for you to continue success on your path to ultimate health and wellbeing!
- A typical review plan includes nutrition follow-ups at 5 and 9 months, fitness program evaluation and repeat DXA at 6 months, and follow-up medical appointments including any lab work, at 4 and 8 months.
- We consider the Wellness Garage way to be a 5 part cycle:
Assess-Tune-Plan-Implement-Check

FAQ

What should I expect for my initial appointment(s).

During this time of virtual- based care, your initial assessment will be scheduled with each practitioner. It is important that you complete ALL intake questionnaires that have been sent to you prior to these appointments. Your assessment will include:

- 1 hour virtual fitness assessment with our Exercise Physiologist
- 1 hour nutrition appointment with our Nutritionist
- 30 minute physician appointment to review your medical history

At this time, we are not conducting DXA scans or recommending lab work. We will schedule once our clinic reopens.

What if I have recent lab work- would you like to review this as part of my assessment?

Yes- if you have recent lab work, it can be reviewed as part of your assessment, please email results to: records@wellnessgarage.ca or send via fax- 778-609-2200 (attn records).

I've completed all of my assessments, what is next?

After your assessments, you will be scheduled for follow-up review appointments with each specialist, including a 30 minute physician appointment. At these appointments, you will get your results along with specific behavioural recommendations per your Precision Health Tune Up.

I feel like I need more nutrition support, but am no longer being scheduled with a nutritionist, what should I do?

We have developed tools and resources through **myHealthJourney** to support you with your nutrition goals. **myHealthJourney** also allows you to communicate with your nutritionist directly. If at any time, you would like to book an appointment with a nutritionist, please reach out to our clinic coordinator.

What if I need more help with developing an exercise program?

Similarly, we have developed tools and resources to support your exercise and fitness goals that are accessible to you through **myHealthJourney**. If at any time, you feel you would like more personalized programming or support, you may be scheduled for an appointment with our exercise physiologist.

Can I use a tracker in my program?

Absolutely! We encourage you to do so. Our exercise physiologist can help you determine what tracker will work with your lifestyle. Trackers are beneficial in helping you understand your life habits and to hold yourself accountable. The most important feature of a tracker is one that you will use. For some this is as simple as using a pen and paper to track progress- otherwise may prefer more sophisticated options.

So I'm tracking my activity, why doesn't my nutritionist have me counting calories?

At WG, our aim is to provide you with the knowledge and intuition to eat for optimal health. We believe that behaviours associated with *lifelong healthy eating* are best learned free of limiting external measures such as calorie counting. If you feel that counting calories is helpful to learn more about nutrition composition of real food and portion control, then talk with your nutritionist about effective ways to use calorie counting as part of a learning process.

What if my health changes while I'm in my program?

Wellness Garage is not a primary health care clinic. However, we will gladly share the records we collect with your family doctor. If anything changes in your health while you are part of a WG program, we advise you to make an appointment with your Wellness Garage physician so you may develop a plan that incorporates all of your health needs. Our physicians may also make specialist referrals in the event that you require further follow-up or treatment.

Something has come up in my life that impedes my participation, can I put my program on hold?

Yes. At WG, we understand that circumstances may arise during your year-long program. In response, we will make every effort to work with you to finish your program or put it on hold for up to six months until you are ready to return. As our program is developed around principles of behaviour change, we also encourage you to find ways to challenge yourself to make healthy changes, regardless of life's obstacles

I'm not sleeping well, how can Wellness Garage help me?

At WG, we have found that many people's sleep improves with a consistent program of healthy eating, moderate exercise and stress management. Whether you work shifts or a set schedule, our coaches are also equipped with tools to help you develop healthy sleep habits. If you feel that you may require further sleep assessment or suffer from Sleep Apnea, talk to our physicians to determine if a referral for a medical sleep assessment is in order.

What about the relationship and purpose pillars?

At WG, we address your health, while addressing the whole person- YOU! You may find that as you make meaningful changes that affect your health and lifestyle, your relationships become more meaningful too. As well, your health plays a part in your sense of overall purpose for your life.

When you embark on your year-long journey towards optimal health, we will be there to support you every step of the way while finding ways to celebrate your success- one small habit at a time!!