

Complete Program Overview- New Direction



New Direction is our proven weight loss plan designed to get you results. If you have significant weight to lose and value in-person care, New Direction is the program for you.

Our thorough medical assessments help us improve your health.

To start the program, you'll meet with one of our board-certified physicians or high trained nurse practitioners to discuss your needs and set your goal weight. We'll then run health assessments to get an accurate picture of your overall health, including:

- Medical history review
- Lab screening
- Electrocardiogram (EKG)

In order to ensure you stay healthy and on track, one of our medical providers will perform a check-up every week during your weight loss.

New Direction is a short term very low calorie, low carbohydrate plan for quick results without hunger.

New Direction is designed to supply a very low calorie diet at 600-800 calories per day. Since this is a ketogenic diet, most patients will find it more comfortable because they will experience little to no hunger. Each day, you will consume 3-5 New Direction meal replacements. You have the option of utilizing all meal replacements or meal replacements plus additional calories from one meal consisting of an approved protein and vegetable option.

Learn the life skills you need to Keep It Off.

Identifying and changing unhealthy habits is the most important factor in maintaining your weight loss. We'll provide you with the information and support you need to be successful.

Every week you'll attend a group class with other patients in the program, facilitated by one of our seasoned behavioral health educators. These classes cover everything you'll need to know, including:

- "Problem Situations," such as holidays
- Physical activity
- Dining out
- Food triggers & emotional eating

At The Hernried Center, we believe that you will achieve weight loss while on the program, but you will only be able to maintain your new lower weight if you modify behavior and eating habits. Once you've reached your goal weight, we'll transition you to one of our maintenance programs to help you Keep It Off.

If you have additional questions please contact us at info@keepitoff.com or call 916-978-0300.