



*"Great program,
very helpful in keeping track
of physical activity and
meal planning."
Fresh Start Participant, 2018-2019*

Fresh Start

... a lifestyle balance program.

*"I loved it very much.
It helped me get back on track."
Fresh Start Participant, 2018-2019*

The *Fresh Start* program is delivered by a team of health professionals from the following organizations:

Timiskaming Health Unit

Timiskaming Diabetes Program

Canadian Mental Health Association

Great Northern Family Health Team

Haileybury Family Health Team

Temagami Family Health Team

Kirkland & District Family Health Team

Englehart & District Family Health Team

Town of Kirkland Lake

Temiskaming Hospital

Kirkland and District Hospital

Janet MacDowall, Registered Physiotherapist

PROGRAM INFORMATION



MANY WAYS TO REGISTER:

- Visit www.timiskaminghu.com (**Fresh Start** in search menu) to download registration form.
- Ask your healthcare provider for a registration form.
- Email, mail or drop off the registration form at a Timiskaming Health Unit office.
- Call the Timiskaming Health Unit to register by phone.

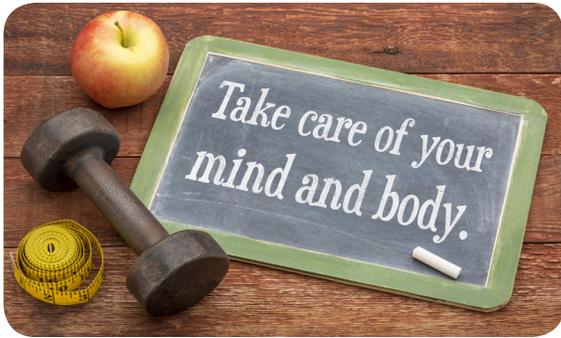
FOR MORE INFORMATION CONTACT:

Toll-free 1-866-747-4305, Ext. 2242

Email: halls@timiskaminghu.com

"A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood."





WHAT IS *Fresh Start*?

Fresh Start offers support and teaches skills for a healthy lifestyle.

A total of 22 group sessions are delivered by health professionals, covering topics on healthy eating, physical activity and positive mental health.

This program is **FREE** and includes a manual, weekly incentives and a team of people to help support you!

Fresh Start aims to help you:

- Learn more about nutrition and healthy eating
- Be more active
- Have a healthy body weight
- Improve quality of life!

"I enjoyed the classes and I feel like I am focused again."

Thank you."

Fresh Start Participant, 2018-2019

CAN I PARTICIPATE?

YES:

- Adult, working age.
- If you have at least one of the following: high blood pressure, high blood sugar, high cholesterol, are overweight or obese.
- Are currently on medication for at least one of above conditions.
- If you have any of the following conditions: type 2 diabetes, heart disease, survived a cancer.

NO:

- If you have any condition that makes weight loss unsafe, such as an eating disorder, a recent gastric bypass, pregnancy or plans to be pregnant in the next 6 months.
- If you have any condition that limits your ability to do regular, moderate physical activity (i.e. injury).
- If you have any condition that requires specific nutrition care, such as end stage renal disease (or dialysis) or treatment for cancer.
- If you have an unmanaged substance use problem

WHAT WILL I LEARN?

Fresh Start is a lifestyle program that will help you:

- Control your blood sugar and/or blood pressure and blood fat.
- Achieve/maintain a healthy body weight.
- Reduce the risk of diabetes, heart disease or cancer.
- Better manage existing health conditions such as diabetes or heart disease.



WHAT IS IN IT FOR ME?

In 2018-2019 the results showed:

- 👉 Around 50% decrease in monthly mentally and physically unhealthy days.
- 👉 Improvement in eating habits.
- 👉 Half of the evaluation survey respondents lost at least 5% of their body weight.
- 👉 71% of the evaluation survey respondents decreased their blood pressure.
- 👉 Increase in knowledge about stress management.