



How Behavior Modification Can Lead to Healthy Living

Vtrim is about embracing the simple formula of “eat less, move more” on an everyday basis.

From research, we do know that the formula is in fact that simple, but the implementation is not so easy in the crazy, fast-paced world most of us live in. Simple and easy just aren't interchangeable words. Modifying ingrained behaviors and having lots of support to change an old mindset is what's critical to making the changes stick.

That's why behavior modification is at the heart of the Vtrim program – it's what differentiates Vtrim from any other weight loss or weight management program out there. Vtrim helps people examine their individual health behaviors and explore ways to create smarter, sustainable behaviors for a healthier lifestyle.

Vtrim teaches people how to manage their daily choices around food and exercise with 24 lessons on topics such as portion control, problem solving and food triggers as well as a number of tools like a food journal. And, we offer expert support and accountability throughout the process. Vtrim participants get weekly feedback on their food journal and their personal reflection activities from a professional facilitator.

Over the course of the program, participants develop awareness of what they're consuming and learn new behaviors toward food and exercise.

How Vtrim Does It

1. Healthy eating plans that reduce calories but do not forbid specific foods or food groups. This is a core tenet of the Vtrim philosophy. Each person figures out how to manage their food intake based on their own personal circumstances. A calorie and fat gram goal is provided to help guide the process but individuals get to choose what they want to eat within those parameters.
2. Tips to increase moderate-intensity physical activity. Vtrim provides tips but more importantly takes it one step further and provides a systematic, graduated exercise program so people can incorporate moderate intensity activity into their life in a gradual, sustainable way.
3. Tips on healthy habits that also keep your personal needs in mind, such as lower-fat versions of your favorite foods or creating healthier environments. Sustainable behavior change is the goal so Vtrim encourages people to modify recipes and problem solve ways to continue to incorporate favorite foods but in a smart way that takes calories into consideration.
4. Slow and steady weight loss. Depending on your starting weight, experts recommend losing weight at a rate of 1/2 to 2 pounds per week. Weight loss may be faster at the start of a program. Vtrim assigns a reduced calorie weight loss goal that will achieve a 1/2 -2 pound weight loss per week. Slow, gradual and sustainable is the approach.
5. A plan to keep the weight off after you have lost it. Because maintaining weight lost is often more challenging than losing weight, Vtrim offers a monthly maintenance program for graduates of our weight loss program. Our goal is to partner with people on their weight management journey for as long as we are needed.