



**WRH PHYSICIANS, INC.**

**Welcome to New Direction VLCD (Very Low Calorie Diet)—a program that will help you lose weight and live a healthy life for years to come! We're glad you're here and ready to begin.**

A very low calorie diet, like the one used in the New Direction VLCD, will jump start your weight loss and lead you on the road to a healthy lifestyle. The VLCD program is a complete meal replacement program, all of your nutrition will come from meal replacements and no other food will be consumed. Males typically consume between 1,000 – 1,200 calories and females typically consume between 800 – 1,000 calories. Calories may be adjusted based on body requirements.

Research shows, however, that losing weight by diet alone doesn't work, at least not in the long run. To manage your weight for a lifetime, you need to make permanent changes in your eating and exercise habits and the role food plays in your life. The New Direction VLCD program offers weekly meetings that provide you with the support and skills needed to help you manage your weight. These meetings with the registered nurse or registered dietitian are offered during all three phases of the New Direction VLCD.

**Phase 1:** Reducing-During this time of rapid weight loss, New Direction products will be your only food. These products are nutritionally complete, but they supply fewer calories than your body needs to function. Other needed calories come from your body's fat stores.

**Phase 2:** Adapting-During this phase, you will gradually decrease the use of the New Direction products and begin to add more food to your daily diet. The calories you consume will be adjusted so that you stop losing, but continue to manage your weight.

**Phase 3:** Sustaining-In the Sustaining Phase of the program, you'll be eating regular foods and practicing your new lifestyle and weight management skills under the guidance of the New Direction support staff. You'll continue to work with a dietitian to adjust your calories and meal plan, so you can maintain your new body weight and meet your nutritional needs. During the Sustaining Phase, it's important to continue attending your classes. A combination of regular activity, sensible eating and support from others can help you maintain your weight loss.