

What to Expect with the CHANGE Program – PEI

The Initial Assessment is individual and will consist of three parts. The registered nurse will perform blood work (if needed), measure weight, blood pressure and waist circumference. A brief health history and current medication list will be obtained. The registered dietitian will review your current dietary habits and preferences. The kinesiologist will review current physical activity levels and perform some tests to assess your current fitness level including flexibility, strength, and cardio levels. You will also be asked to complete some questionnaires.

The dietitian will create nutritional guidelines for you to include Mediterranean diet principles based on your cultural food preferences, habits, and goals. This does not include a meal plan. The kinesiologist will design a physical activity plan for you based on your preferences, abilities, and goals.

Month 1–3: Group sessions will be weekly. Two consecutive hours: one hour with the dietitian to discuss nutrition related topics; and, one hour with the kinesiologist including a workout and physical activity information.

Reassessment: Individually. Similar to your initial assessment. This reassessment provides some guidelines for any adjustments to your nutritional and physical activity plans.

Months 3–6: Group sessions will occur biweekly. Followed by a **reassessment** to evaluate any necessary adjustments to your plan.

Months 6–9: Group sessions will occur triweekly. Followed by a **reassessment** to evaluate any necessary adjustments to your plan.

Months 9–12: Group sessions will occur once per month.

Final Assessment – similar to a reassessment. This provides you with an overall summary of how your nutrition, fitness, and health has improved over the year and concludes the program. You are able to move forward with the knowledge and confidence to continue with the changes to your lifestyle.

If you have any questions, please contact the study team at 902-620-5156 or email change@upei.ca.

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Screening:

Blood work for sugars, lipids, blood pressure, and other measurements

Month 3
Reassessment

Begin Biweekly Visits

Month 9
Reassessment

Begin Monthly Visits

Baseline Assessment

- Develop goals for the next 12 months

Begin Weekly Visits with Kinesiologist and Registered Dietitian

Month 6
Reassessment

Begin Triweekly Visits

Month 12
Final Assessment

Continue with lifestyle changes