

## How to be successful in the **AIM TO WINN** program

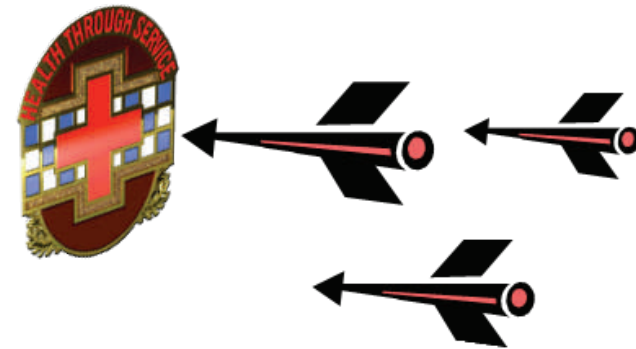
- Be committed to following a healthy diet based on the guidelines found at [www.mypyramid.gov](http://www.mypyramid.gov).
- Be committed to eating healthier by reducing calories, fat, and sugar.
- Be committed to exercising/ increasing physical activity as directed by my **AIM TO WINN** health care provider.
- Be Committed to tracking daily food intake, daily exercise and weekly weights.



Winn Army Community Hospital  
1061 Harmon Ave. Suite 2J11B  
Fort Stewart, Georgia 31314-5611  
Appointment Line: 912-435-6633  
Hospital Information: 912-435-6965

Are you unhappy  
with your weight?  
Are you ready  
to make a change?  
We can help!

## **AIM TO WINN**



Winn Army  
Community Hospital  
offers you a **NEW**  
weight loss  
management program

# AIM TO WINN

Weight Management Program  
is a NEW program  
at Winn Army Community Hospital.

## HOW CAN I BECOME A MEMBER?

- Make an appointment with your primary care provider.
- While at the appointment, ask your provider for a referral to the **AIM TO WINN** program.
- After you have been referred, a program coordinator will call to schedule your initial appointment.
- Show-up to your appointment and be ready to commit to yourself and to the program



The program consists of 2 groups:

- >> Ladies Only Group <<
- >> Men & Active Duty Group <<

## MONTHLY PROGRAM SCHEDULE

1st Monday:

AIM TO WINN Nutrition Class 9-11:00 a.m.

2nd Thursday:

Physical Therapy Class 10:00-12:00 p.m.

3rd Thursday:

Behavioral Health Class 10:00-12:00 p.m.

4th Monday:

Ladies only Nutrition Class 9-11:00 a.m.

*(If you start the program in the middle or at the end of a month you will have the opportunity to make the class up the following month.)*

## GROUP SUPPORT MEETING

Each month there will be an activity relating to the **AIM TO WINN** program.

Introduction to the GYM with a personal trainer.

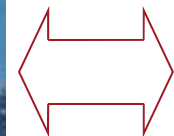
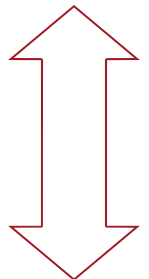
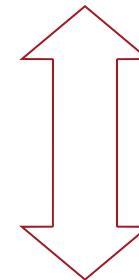
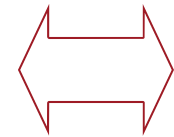
Commissary tour and lessons on how to shop healthier.

Learning to Cook Healthier

Behavioral Health Class

Physical Therapy teaches you how to stay safe while exercising to get healthy.

**AIM TO WINN** is a team effort where everyone plays an integral part- the doctor, the nutritionist, the behavioral specialist, the physical therapist, the pharmacist and most importantly



**YOU**  
hold the keys  
to your own success