



KairWell Weight and Wellness  
MEDICAL WEIGHT LOSS  
HEALTH COACHING



Grind Anytime Boutique Fitness  
PERSONAL TRAINING  
CUSTOM FITNESS PLANS

## INTRODUCTION TO OUR CLINIC

Congratulations on your decision to begin your weight loss and wellness journey. This may be an endeavor that you have been working on for some time or this may be the beginning of your determination to stay fit and functional, attain and maintain a healthy weight, and be more active. The staff at KairWell Weight and Wellness (KW3) would like to thank you for considering us as your weight loss partner to assist, educate, and guide you through this process.

KW3 is a comprehensive medical weight loss center and a committed partner in your lifelong pursuit to look and feel better and remain healthy and independent. Our leaders boast decades weight loss, wellness, and health coaching experience that they will put-to-use to help you achieve your wellness goals. Medical weight loss is done under the supervision of a healthcare professional and incorporates behavioral modifications such as eating the appropriate amount and types of food, increased daily activity, planning and record keeping, and increased social support. When behavior modification fails to achieve adequate weight loss, medications can be prescribed and ultimately weight loss surgery recommended in cases where it is appropriate.

We also offer health coaching services. Health coaches are licensed health professionals like doctors, nurses, and physician assistants who have received special certification in applying personalized interventions to safely engage clients in health behavior change. This means that your certified health coach will partner with you to develop strategies to maintain or develop a healthier lifestyle. You will learn how to better self-manage wellness and chronic health conditions to improve your wellbeing, reduce the risk of health disasters, and potentially reduce your medical costs.

## THE CHALLENGES AND TREATMENT OF EXCESS WEIGHT

Obesity is a complex disease process and results not only from excess calories and inactivity, but also from genetic, psychological, cultural, and social factors. These all must be considered when developing and implementing a weight loss plan. Abnormal eating and activity patterns must be identified, understood, and corrective action taken that takes into account all the other confounding factors.

Obesity is determined by measuring body mass index, or BMI, which is calculated using gender, height, and weight. This is a screening measure for body fat. A BMI > 30 is Class 1 obesity, a BMI > 35 is Class 2 obesity, and a BMI > 40 is Class 3 obesity. As BMI increases the risk for obesity-related diseases such as coronary artery disease, certain types of cancer, type 2 diabetes, high blood pressure, high cholesterol, osteoarthritis, nonalcoholic fatty liver disease, and obstructive sleep apnea increases as well. As weight is lost and BMI decreases, the risk for these diseases is reduced.

The 1<sup>st</sup> line treatment for obesity of all classes is intensive behavioral modification. By eating the appropriate amounts and types of foods, remaining active by exercising 150 minutes per week, keeping

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a log of eating and activity, and repeating this week in and week out, increases the chances of achieving and maintaining a healthy weight.

There are occasions where diet, exercise, and intensive behavioral modification are inadequate, and an FDA-approved weight loss medication can be considered. People with a BMI > 27 and an obesity-related condition or BMI > 30 without an obesity-related condition can be prescribed a weight loss medication if it is safe and appropriate.

Weight loss surgery is the most effective means to lose weight and maintain weight loss over the long term. To qualify for weight loss surgery certain criteria must be met that include a BMI > 40 without obesity-related conditions, or a BMI > 35 and the presence of at least one obesity-related condition. There are 3 types of weight loss surgery: 1. Restrictive, 2. Malabsorptive, and 3. Combined. Restrictive procedures limit the amount of food you can consume, malabsorptive procedures limit the absorption of calories and nutrients, and combined procedures do both. The 3 most commonly performed weight loss surgeries are the laparoscopic gastric band, laparoscopic sleeve gastrectomy, and the Roux-En-Y gastric bypass.

## OUR PROGRAMS

At KW3 we offer 2 different programs for medical weight loss clients. The first is our standard medication assisted weight loss. This 6-month program includes 14 in person or virtual visits with a weight loss and health coach. We create customized weight and wellness plans that involve intensive medical therapy with eating the appropriate amounts and types of foods, increased activity, meal planning, and record keeping.

The second is our 6-month premium medication assisted weight loss program. This program has the same features as our standard program along with twice weekly personal training sessions at our affiliated private gym – Grind Anytime Boutique Fitness. Custom live and online personal training programs that focus on increasing activity and improving muscle strength and endurance, core strength and endurance, and accentuating weight loss and mood are developed and implemented.

The initial consultation for both programs consists of establishing health, diet, and weight loss histories along with taking essential measurements such as height, weight, and vital signs. This information is used to calculate baselines for body mass index and basal metabolic rate or BMR. Health history will be screened for obesity-related diseases and baseline laboratory work and ECG will be reviewed or requested. Once this is completed, we will determine the need for treatment based on BMI, health history, and motivation to proceed.

We develop custom meal plans with a daily calorie goal based on basal metabolic rate and other health conditions that focuses on a daily 1000 calorie deficit. Health coaches will perform evaluations either virtually or in person every week for the first month, then twice per month for the next 5 months. Body weight, motivation, adherence to behavioral modifications, and need for medications or weight loss surgery will be assessed at each visit.