

## Healthy Lakewood

### **What is *Healthy Lakewood*?**

Healthy Lakewood is a unique three-way partnership between the City of Lakewood (municipal government), Consortium for Older Adult Wellness (COAW – nonprofit organization) and Centura Health (hospital and clinic network) that creates a transformative approach to community health improvement through a combination of evidence-based health education, exposure to active lifestyle opportunities, health coaching and coordinated intervention to affect chronic disease. With access to a health coach, a variety of activities and the national's leading health education program, participants design a personalized program that leads them to become healthier individuals.

- St Anthony Hospital, Centura Health, provides community health coaches
- The City of Lakewood provides active lifestyle programs to meet an individual's wellness objectives.
- The Consortium for Older Adult Wellness (COAW) provides a *Healthier Living Colorado* course from Stanford University

### **How does the program work?**

Participants enroll in the program and are assigned a personal coach for 4 months. They attend an action-oriented health education course that meets for 2 weekly for 7 weeks. The program also includes a \$50 credit toward Lakewood recreation facilities and programs, a personalized fitness assessment (BIA test), and feedback on progress.

### **What is a BIA Test?**

The fitness assessment is called a *Bioelectrical Impedance Analysis* or BIA. This painless and non-invasive technology is designed to provide base line data regarding the participant's current health. The following BIA measurements are taken:

- Lean Body Weight (measures lean mass)
- Basal Metabolic Rate (measures calories burned in a 24 hour period at - good indicator of muscle mass and caloric expenditure)
- Percent Body Fat
- Fat Body Weight
- Total Body Water

### **Who is eligible to participate?**

Any adult age 18 or older is eligible to participate.

### **How much does it cost?**

It's FREE and includes

- *Healthier Living Colorado* – 7 week class (\$59 value)
- The BIA test and consultation (\$60 value)
- Coaching for four months (\$180 value)
- Participants who commit to the program and complete the *Healthier Living Colorado* course receive a **\$50 Household Credit** to use at one of the four Lakewood recreation centers on admission or programs.

### **What is a community health coach?**

A community health coach is a supportive guide who partners with Healthy Lakewood participants to

## Healthy Lakewood

- Choose health goals and actions
- Develop skills and self-confidence
- Discover participant strengths from prior experiences and put them to work
- Identify and problem-solve barriers to health
- Develop a personal support system for managing life's ups and downs
- Locate resources
- Learn how to be an effective advocate

Coaches do not

- Practice medicine or provide health care
- Give advice of any kind, medical or otherwise

### **What is *Healthier Living Colorado*?**

*Healthier Living Colorado*™ (HLC) is a 7-week class that empowers adults with or without chronic conditions to more effectively manage their health and make healthier choices in their daily lives. We have discovered through experience that people without chronic conditions benefit from HLC as well.

Healthier Living Colorado™ is . . .

- An evidence-based, self-management program created by the Stanford University Medical School.
- Meets weekly for seven 2.5 hour sessions
- Facilitated by two trained co-leaders – often community members
- A participant-driven, discussion-based class
- Based on the following topics:
  - Symptom management
  - Physical activity and healthy eating
  - Reading a food label
  - Breathing and relaxation
  - Getting a good night's sleep
  - Communication skills
  - Medication usage and treatment evaluation
  - Depression management and positive thinking
  - Action planning – goal setting
- For anyone who wants knowledge and skills for healthier living, including individuals with chronic conditions such as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, or cancer, the people who support them, or those trying to stay healthy and prevent the onset of disease.

## The Role of the Health Coach

The health coaches are well-trained counselors from Centura Health. A coach is a supportive guide who partners with you to help you achieve your health-related goals when YOU are ready and willing to try. A coach can help you...

- Choose goals and actions
- Identify and problem solve barriers
- Develop your personal support system
- Locate resources
- Learn how to be an effective advocate

### Cost? Free!

Why is this free?! Three organizations whose mission is to help people be happy and healthy are trying something new. In fact, if you complete the program you will receive a \$50 gift card to use at any of the Lakewood Recreation Centers.



Consortium for Older Adult Wellness

### For more information contact:

Consortium for Older Adult Wellness

2575 S. Wadsworth Blvd.

Lakewood, CO 80227

303-984-1845

[www.coaw.org](http://www.coaw.org)

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**The next session**

**Thursdays**

**March 19– April 30, 2015**

**4:30PM-7:00 PM**

Location:

The Link Recreation Center

1295 S. Reed St.

Lakewood, CO



Please join us for

## Healthy Lakewood

**A self management program  
supporting your health and  
happiness goals.**

## How does *Healthy Lakewood* Work?

Healthy Lakewood is a new approach to maintaining good health with community support. With access to a health coach, a variety of activities and the nation's leading health education program, you can design a personalized program that leads to a happier and healthier you.

Participants will attend a 7 week action oriented health education course, *Healthier Living Colorado™*, that meets for 2.5 hours each week. You will have access to a personal coach for the full 4 months, a personalized fitness assessment (BIA test) and feedback on your progress.

## Help yourself take control and feel better!



### Your Commitment

- 7-week *Healthier Living Colorado* class at 2.5 hours/week.
- Meet with health coach a minimum of 4 times. You have access to your coach for up to 6 meetings.

## Healthier Living Colorado™ Workshop Overview:

- Working with your doctor
- Managing medications
- Starting an exercise program
- Relaxation techniques
- Dealing with negative emotions
- Managing symptoms
- Improving communication
- Tips for eating well
- Setting weekly goals
- Effective problem solving

**A Healthier Living  
Colorado™ class  
is waiting for you!**