LIGHTEN UP: Program to Support Weight Loss

Lighten Up is a two-track comprehensive lifestyle program based upon the principles and practices of mind body medicine. These outpatient treatments are designed to correct and maximize metabolism through changes in lifestyle behaviors and attitudes that build resiliency and allow the body to move toward its healthy weight.

To help you reach your goals, we offer the following groups that emphasize the different aspects of weight loss:

I. Relaxation Response Resiliency Program. This eight-week program focuses on practicing meditation techniques and positive coping strategies that use the mind’s ability to reduce stress and improve symptoms. The program is held at the following times and locations:
   - Boston Office -- Tuesdays 5:00 to 7:00 p.m., Wednesdays 5:30 to 7:30 p.m., and Thursdays (women only) 5:00 to 7:00 p.m.
   - Waltham Office -- Thursdays 5:30 to 7:30 p.m. and Fridays 12 – 2 p.m. at MGH West.

The cost is $400 -- $360 if prepaid.

II. Food and Fitness. This eight-week program focuses on the body’s ability to decrease stress through aerobic and strength training activities, yoga, making healthy food choices, and mindful eating.
   - Waltham Office -- Thursdays 5:30 to 7:30 p.m. at MGH West

The cost is $500 -- $450 if prepaid.

Program Goals Include
- Learning new ways to think positively
- Examining factors that contribute to weight gain such as diet and stress
- Developing healthy lifestyle habits that support healthy weight. These programs are most effective when taken in conjunction with one another but you can also choose to take only one.
Getting Started
Schedule a one-hour consultation with one of our physicians, all of whom are internal medicine specialists, to establish a treatment plan to meet your specific needs. This is billed as an outpatient medical office visit and is covered by most insurers.

Following the consultation, you will enter the eight-week program. A one-hour individual evaluation will be scheduled with the program provider(s) to assess personal goals, level of fitness, nutritional needs and stress factors.

Additional Program Visits
- Optional individual visits are available during the program with the following providers:
  - Nurse practitioner (NP) - billed to your insurance
  - Registered dietician and exercise physiologist – self pay at $75/hour
- Discharge visit
  This visit, scheduled with the Lighten Up team, is an integral part of the program to assess overall progress and discuss relapse prevention. This visit is billed to insurance as medical office visit.

Our Team
The team includes a physician, a nurse practitioner, a physical therapist/exercise specialist, and a registered dietician.

To learn more about the above programs, start dates, or to schedule a consultation, please contact Sue Clough at 617-643-6054, or by email sclough@partners.org.

The Benson-Henry Institute for Mind Body Medicine at MGH West is located at 40 Second Avenue, Suite 510, Waltham, Massachusetts.