

PCP Referral Form for BiW4Adults Weight Loss Program

BACK IN WHACK FOR ADULTS CAN HELP YOUR CLIENTS REACH THEIR WEIGHT LOSS GOALS!

Back in Whack for Adults [BiW4Adults] is a **holistic weight loss program** which focuses on how the body functions as a whole. It recognizes that the body's energy balance is influenced by multiple interconnected systems. When these systems get out of whack, excess weight gain and weight loss resistance is often a symptom rather than the core problem.

BiW4Adults helps individuals identify what is out of whack with these key interconnected systems in the body and provides participants with multiple natural interventions to help get their energy balance back in whack and achieve a healthy weight.

HOW DOES THE BIWADULTS PROGRAM WORK?

BiW4Adults is an online multimedia program which utilizes 21 interactive health coaching videos in combination with the program workbook. There are 6 primary program components (listed below). Each component includes several engaging activities (listed below) which creates an exciting journey of self-discovery and personal growth for program participants as they work toward achieving a healthier weight.

The program is divided into 4 steps. Each step builds upon the previous step(s). Each step contains 4 program components (listed below) which are interconnected and work together to provide participants with an in depth understanding of each step:

- 1-Action Steps for Weight Loss describe details of **WHAT** to eat (nutrition plan) for each given step.
- 2-Nutrition Education explains **HOW** to practice each step of the nutrition plan.
- 3-Body Biology Explained has 2 functions. First, it explains **WHY** it is important to practice each action step – explaining what happens in the body when a person DOES or DOESN'T practice that action step.

Second, it explains different health issues that cause weight loss resistance and lists natural interventions that can be used to resolve each health issue.

4-Power Tools provides the **PATH** for this habit change journey – helping participants leave old unhealthy habits behind and adopt new healthy habits needed to produce successful weight loss and reach peak health.

Physical Activity and Manage Stress are important standalone program components which are strategically placed in action step 2.

HOW LONG DOES IT TAKE TO COMPLETE THE PROGRAM?

Participants are instructed to follow each action step for at least 3 weeks before progressing to the next action step. Between completing program materials (videos and workbook sections) and practicing action steps, it will take at least 4 months to get through all the program materials. Participants are encouraged to continue practicing what they learned during the program, until they reach their goal weight.

WHAT RESULTS CAN I EXPECT FROM THE PROGRAM?

This program helps participants successfully adopt, long lasting, healthy eating and lifestyle habits. Adults who complete the program experience **significant weight loss** plus **multiple health benefits** (listed below). Every **BODY** is different so total weight loss and speed of weight loss will vary.

Clinical data from doctor's offices, who used the program, plus research studies confirm this program helps **treat and reduce the risk of developing** the following health conditions:

- Elevated cholesterol and triglyceride levels
- Low HDL (good) cholesterol levels
- Elevated liver enzymes
- Elevated A1C and blood glucose levels
- Elevated blood pressure
- Prediabetes and Type 2 Diabetes
- Heart disease¹
- Cognitive decline¹

NOTE 1 - Only confirmed by research studies

Want to learn more about BiW4Adults Program, go to:
<https://www.positivepatterns4life.com/biw4adults>

PCP Referral Form Instructions

Take this form to your PCP's office. Explain that you would like to enroll in the BiW4Adults weight loss program and that you can receive a coupon code for 40% OFF if you are referred to the program by your PCP.

After this form is signed by your PCP - you have 3 options for submitting the form:

- 1-Take a picture of the bottom right-hand corner of the form and text to picture to (307)331-4256
- 2-Scan the form into your computer and email it to positivepatternsforlife@gmail.com
- 3-Mail the form to Positive Patterns for Life, PO Box 902, Guernsey, WY 82214

Client Information

Name: _____

Email: _____

Phone: _____

BiW4Adults Program Referral

I, _____ (PCP Printed Name), believe my client (named above) would benefit from participating in the BiW4Adults holistic weight loss program.

Clinic Name: _____

City, State: _____

Clinic Phone: _____

PCP Signature: _____