

Welcome

To the Chapel View Family Care Weight Control Clinic!!

Hi! My name is Becca Coeyman (FNP-BC) . I am so thrilled that you decided to come to the clinic to take charge of your health. I want you to know that this is a safe space for you. I have been in your shoes, and I have done this and I know you can too! Two things to note:

1. I want you to have success long term, which means this is not a quick fix.
2. You are ultimately responsible for your health, I'm not going to be able to make magic happen but you can. I am simply a partner and a person who can give advice. What you do with it is up to you.

If you are still in, let's do this:

We need to be honest

If you thought that the scale was the main problem- that's only part of it. We need to find out what you eat and your activity level. Before you came to your first visit you should have been writing a food log from the website. If not, it's okay we will do that next.

What is this first visit?

Great question! This visit is me giving you tools for success. We are going to do a calorie calculator, or help you get an app to track your calories. We will discuss if this amount of calories makes sense for you. We also are going to talk about exercise tracking, what makes sense for you to get to your goals. This is a MARATHON, not a sprint.

Finally,

If you are ready to work hard, I'm ready to help you! Each week you will make an appointment to do a weigh-in (literally stand on the scale). Monthly, you and I will meet, see your calorie log and do body measurements (skin fold calibrators and measurements). We will talk and adjust as needed! I'm so excited to work with you. - Becca C.