

# Vtrim® is an expert-led, 12-week, online weight-management program.

*It is Simple, Effective and Meaningful.*

## Simple.

- Employees participating in Vtrim® login to an online classroom one time per week, for one hour of interactive learning. The balance of the week is journaling and exercises that are completed independently.
- Our online program allows individuals and employees to participate regardless of time zone or physical location - it's accessible to everyone.

## Effective.

- Vtrim® is an expert-led program. Most Vtrim® facilitators are Registered Dietitians or Master's Level Counselors and must also complete Vtrim®'s rigorous 45-hour training course.
- Participants who complete the 12-week Vtrim® I Online Class lose an average of 11.6 pounds.

## Meaningful.

- Vtrim® online makes meaningful tools available to students to help manage their weight-management anywhere, anytime. These tools include:
  - Individualized calorie goals;
  - Online, interactive journaling;
  - Personalized graduated exercise program;
  - Online group support, both peer and expert;
  - Weekly guidance, feedback and accountability from facilitator.

*Together  
we can*  
**KNOCK  
O U T**  
*Obesity in*  
**VERMONT**

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