Lose weight. Feel great.

Hoo’s Losin’ It? is a six-month, clinically supervised weight loss program emphasizing sustained good health. Following are the qualifications:

- Body Mass Index (BMI) between 30 and 40
- Actively enrolled in the UVA Health Plan (employee or spouse)
- Note: priority may be given to participants who have other conditions, such as elevated blood sugar or high blood pressure

Attend an orientation session to start the process. For registration and questions, email hwnutrition@virginia.edu or call 434.243.4749.

Hoo’s Losin’ It? includes:

- Group classes & individual nutrition counseling with a Registered Dietitian
- Group fitness & individual personal training with a fitness professional
- Gym access for 5 months at IM-Rec Sports facilities

Sponsored by Hoo’s Well and the UVa Health Plan, delivered by the UVa Nutrition Counseling Center and Intramural-Recreational Sports.