
Sawtooth Mountain Clinic, Inc.

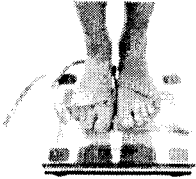
A 501(c)(3) Not for Profit Organization

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Patient Information

Set yourself up for SUCCESS!



How people do it with SUCCESS! Tips from people who have lost over 30 pounds and kept it off for over a year

- Lower fat diet (24%)
- Lower calories (about 1400 calories a day)
- 60-90 minutes of exercise a day
- Eat breakfast daily
- Watch less than 3 hours of TV a week
- Eat away from home less than 3 times a week
- Self Monitoring:
- Weigh weekly
- Record food intake or eat the same thing daily
- Record your physical activity

Local Resources:

- Dietician at Sawtooth Mountain Clinic (ask your doctor for a referral)
- Overeaters Anonymous – 218-663-7324
- Cook County Community YMCA – Emily Marshall 218-722-4745 x 183
- Pump House Fitness Center –218-387-3330
- North Shore Hospital Cardiac Rehab - 218-387-3271
- Grand Marais Swimming Pool – 218-387-1712
- Birch Grove Foundation open gym/exercise groups – 218-663-7977
- Grand Portage Community Center - 218-475-2653

Visit the Sawtooth Mountain Clinic Website- www.sawtoothmountainclinic.org for links to popular Nutrition and Fitness websites and Smartphone/ipod applications.