



Dear Colleague,

We would like to introduce you to SparkPeople.com, one of the largest health-related websites in the world. SparkPeople is a **free** online weight loss and healthy living program that will help your patients learn about and achieve a healthier lifestyle.

Our mission is to SPARK millions of PEOPLE to reach their goals and lead healthier lives. We offer nutrition and fitness tools, support and resources that are 100% free. Our weight loss program teaches people to stop dieting and transition to a permanent, healthy lifestyle through better eating and regular exercise.

By making healthy living fun, our members stay motivated to stick with their programs. By witnessing thousands of success stories firsthand, we found that sound nutrition and regular exercise act like a “springboard” for success, helping our members attain greater enjoyment, strive for more goals, and create their own real-life adventures!

Some of the key tools and features that help our members achieve their health goals include:

- Calorie Counter & Meal Plans: Take the guesswork out of what to eat with these powerful customizable tools.
- Personalized Fitness Plan & Exercise Demos: Burn calories and build lean muscle with routines, exercises and videos you can do at home or at the gym.
- Active Support Message Boards: Get help from thousands of other people who are losing weight and getting healthy with SparkPeople.
- Member-Created Goal Teams: Find others with similar goals and work towards success together!
- Recipes, Articles, Tips and More: Thousands of articles and over 60,000 recipes to learn more about eating right, staying active, and sticking to your program.
- Much, Much More: We have too many features to list them all here, like a free personal homepage, a weight tracker and progress chart, an online journal, printable resources, and our SparkPoints motivation system, where you can even win prizes!

We invite you to visit SparkPeople.com, and if you find it to be a valuable resource, to recommend it to your patients. We would be happy to answer any questions you have, and look forward to hearing from you, or perhaps seeing you on the site.

Sincerely,

A handwritten signature in cursive script that reads "Becky Hand".

Becky Hand, M.Ed., R.D.
Registered Dietitian and Weight Loss Coach

A handwritten signature in cursive script that reads "Kathleen Murray, R.N.". The signature is written in a fluid, connected style.

Kathleen Murray,
R.N., M.S.N., F.N.P.

SparkPeople Member Information

Patient's Full Name: _____

Your patient has been following a free online weight loss and healthy lifestyle program from SparkPeople.com.

As part of this program, your patient has been making changes to his/her:

- **Diet:** Currently consuming approximately _____ calories daily.
- **Exercise routine:** Currently burning approximately _____ calories daily.
- **Lifestyle:** Currently including the following changes/activities:

Plus, your patient has lost _____ pounds since joining SparkPeople!

About SparkPeople.com

Our mission is to SPARK millions of PEOPLE to reach their goals and lead healthier lives. We offer nutrition, health, and fitness tools, support and resources that are 100% free. Our weight loss program isn't a diet—it teaches people to transition to a permanent, healthy lifestyle. Far beyond just weight loss, SparkPeople helps everyone learn to eat better and exercise regularly—for life.

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- **Calorie Counter & Meal Plans:** Take the guesswork out of what to eat with these powerful customizable tools.
- **Personalized Fitness Plan & Exercise Demos:** Burn calories and build muscle with routines, exercise demos and videos you can do at home or at the gym.
- **Active Support Message Boards:** Get help from our coaches, plus thousands of other people who are losing weight with SparkPeople.
- **Recipes, Articles, Tips and More:** Thousands of articles and over 60,000 recipes to learn more about eating right, staying active, and sticking to your program.
- **Much, Much More:** We have too many features to list them all here, but other free features include a free personal homepage, a weight tracker and progress chart, an online journal, printable resources, and our SparkPoints motivation system.

To learn more about SparkPeople.com and all of the **free** resources available to anyone, please visit www.sparkpeople.com.