

**RETURN
IMMEDIATELY!
FAX 530-637-4722**

Application

NEWSTART®
Lifestyle Center
WEIMAR INSTITUTE OF HEALTH & EDUCATION
1-800-525-9192

Session Date: ___ / ___ / ___ (mm/dd/yy)
 Name: _____
 Nickname: (for your badge) _____
 Home Phone: _____
 Email Address: _____
 Street Address: _____
 City: _____ State: ___ Zip: _____
 Social Security No. : _____
 Occupation _____
 Height: _____ Weight: _____
 Sex: ___ Birth Date: ___ / ___ / ___ (mm/dd/yy)
 Single Married Widowed Divorced Separated
 Spouse's name: _____

My health conditions include:

- Asthma Arthritis
- High Blood Pressure Fibromyalgia/Lupus
- Diabetes I Excess Weight
- Diabetes II Oral Insulin
- Heart Disease
- Type of Cancer: _____
- Type of Allergies: _____

Any other disease, illness, or disorders? _____

List the foods you are allergic to, if any: _____

Do you smoke? ___ How many cigarettes per day? ___

I consider my present health:

- Excellent Good Average Poor Very Poor

If you cannot walk without assistance, please explain why:

If you can walk without assistance, indicate how far:

- Less than 1/4 mile (about 1 city block)
 - More than 1/4 mile, but less than 1 mile
 - More than 1 mile at a time
- Can you walk: Indoors Only Outdoors-level Hills

Do you have any other mobility or sight restrictions?

How did you hear about the NEWSTART® program?

- TV Radio Magazine Former Participant
 Other _____

May we share your contact information with past or present NEWSTART® guests? Yes No

Do you have medical insurance? Yes No
 Is Medicare your primary insurance? Yes No
 Does Medicare pay first? Yes No
 Do you have an HMO? Yes No
 Does your insurance company limit where you receive medical care? Yes No
 What is your Medicare No.? _____
 Do you have Part B coverage? Yes No
 Do you have a secondary insurance or Medicare supplementary insurance? _____
 Primary physician: _____
 Physician's phone: _____

Who would you like us to contact in case of an emergency?

Name: _____
 Relationship: _____
 Phone (daytime) _____ (eve) _____

If your spouse is attending, do you prefer? King Twin Beds

I plan to travel by: Car Train* Bus* Plane*

Special Request: _____

* If you are arriving by plane, make Sacramento International Airport your destination. If arriving by bus or train, make Auburn your destination. Please let us know details of your arrival, and we will be happy to provide shuttle service from these terminals on registration day.

Please complete this application, including a deposit for one-half of the program fee for each guest, payable to Weimar Institute, by check, money order, or credit card. **Please note that a \$500 portion of your deposit is non-refundable if you cancel within two weeks of your program start.** Your medical fee may be paid to the Medical Clinic at the time of your first doctor appointment.

Amount enclosed \$ _____

Deposit made by credit card:

- Visa MC AmEx Discover

Card # _____ Exp. ___ / ___

3-digit Credit Verification Code (CVC): _____

I HAVE READ THIS ENTIRE APPLICATION AND/OR HAD IT THOROUGHLY EXPLAINED TO ME. I AGREE THAT ALL OF THE INFORMATION I HAVE PROVIDED HERE IS TRUE AND CORRECT. I FURTHER UNDERSTAND THAT WEIMAR INSTITUTE DOES NOT PROMISE OR GUARANTEE ANY CURE FOR ANY AILMENT OR DISEASE. I AGREE TO PAY THE FULL PROGRAM AMOUNT.

Signature of NEWSTART® Lifestyle guest _____

_____ Date

Are you a NS alumnus? No Yes. Year attended? _____
 If yes, your physician preference _____

N

NUTRITION Proper nutrition is the foundation of good health and recovery. Cooking classes, meals, and cookbooks all demonstrate the variety, appeal and satisfaction of whole-plant-food vegan cuisine. In their lectures physicians explain the issues that link nutrition with health or disease .

E

EXERCISE Action is a law of life. Muscle tone and strength are lost without exertion, but exercise improves the health of body, mind and spirit, multiplying vitality and health. Exercise therapy includes outdoor exercise, treadmill evaluations and Stretcherise. The many trails through beautiful surroundings beckon you to walk, walk, walk, but indoor exercise equipment is also available.

W

WATER Because the body is 70% water, keeping well-hydrated and knowing what and when to drink are essential to health. Hydrotherapy (water applied externally to the body) followed by massage enhances the circulation and the immune system in wonderful ways.

S

SUNLIGHT The sun is the established source of energy ordained by God to sustain the lifecycle of plants and animals. Abundant in California, sunlight is supremely important for the body's metabolism and hormonal balance.

T

TEMPERANCE Using good things moderately and avoiding the bad is obviously wise, yet often hard to practice. Temperance can be neither bought nor earned, but is rather an important gift of God, a "fruit of the Spirit" (Galatians 5:22,23). Moderation in all things is a thread woven throughout the fabric of the NEWSTART® Lifestyle program.

A

AIR The body's most essential resource is air. More important than food or water, proper breathing and pure air are fundamental to good health. Fresh, clear mountain air surrounds the beautiful natural environment of Weimar Institute.

R

REST Restoration requires rest, for sleep allows the body to renew itself. Many types of rest are important for health, but the sweetest rest follows labor. "Early to bed and early to rise" is a vital NEWSTART® principle.

T

TRUST IN GOD Directly linked to physical health (Proverbs 3:5-6), trust in God is a gift leading to right choices. Choosing what is right in God's sight improves spiritual health which, in turn, imparts blessings to physical and mental health. You will be encouraged through individualized counseling, personal devotions, group fellowship, and the chaplain's Freshstart meetings in the morning.