

Healthy Weight Loss Strategies Program

Session topics

1. **Keys to Success:** You probably know how to *set* goals, but do you know how to *achieve* them? Learn how to use self-monitoring tools effectively.
2. **Physical Activity:** Get tips on responding to your body's need to move. Find out how to use your pedometer.
3. **What is Healthy Eating:** Review the new Food Guide Pyramid and find out where your current eating habits fit in. Choose small changes you're ready to make.
4. **Stress Management:** When stress strikes, be prepared. Learn strategies to address stress without food.
5. **Hunger & Fullness:** Identify your "Stop Eating" signals and "I'm hungry" signals. Different foods can affect your hunger and fullness levels; learn to pick the right ones.
6. **Understanding Nutrition:** Understand the benefits of adding more fruits, veggies and whole grains to your eating plan and how fiber can help you feel satisfied longer.
7. **Positive Self-Talk:** You listen to your thoughts all day ... are they undermining you or encouraging you? Learn ways to take back your power by challenging negative self-talk.
8. **Exercise:** The list of benefits of exercise is long and you will find your own appealing reason to get started. Learn ways to fit muscle conditioning and flexibility into your life and uncover solutions to your barriers.
9. **Meal Planning and Grocery Shopping:** Outsmart your compulsion to buy junk food by planning ahead and planning smart. We'll teach you how to plan your meals for better weight loss results.
10. **Body Image:** We can help you ease your anxiety about how you look and help you to assess yourself positively to begin the journey to self-acceptance.
11. **Eating Out & Social Situations:** Learn how to modify your choices so you can still have what you want.
12. **Social Support:** Identify which people in your life are barriers and which are supporters of your new lifestyle. Learn creative ways to build a network of support. Learn to recognize setbacks and ways to navigate around them.

For more information or to register, please call 952-967-5120.