

## Healthy Weight Loss Strategies

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- An education program for long term health improvement and weight loss
- Led by a Registered Dietitian and inclusive of exercise and behavioral health specialists and a medical doctor
- Break the pattern of unhealthy habits



HealthPartners is offering a series of healthy weight loss sessions aimed at getting you motivated and goal focused with practical lifelong tools for success. Our medically approved program will provide the insight and strategies to help you make lifestyle changes that will allow you to lose weight safely and increase healthy behaviors so you feel good every day. The manual is complete with nutrition information, goal worksheets and a pedometer. Commit to attend all twelve sessions for yourself and your health.

Look for a date and location that works for you and then call to register. Check out the new times offered this year!

### Healthy Weight Loss Strategies

**Who:** Anyone who wants to take charge of their weight  
(You need not be a HealthPartners clinic patient or member)

**Cost:** \$275 due upon registration (non-refundable). This is less than \$12 per week over the six month program.

**For more information or to register, call (952) 967-5120**

## Healthy Weight Loss Strategies Program

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### 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.

<b><u>Health Partners Clinic</u></b>	<b><u>Starting Date</u></b>	<b><u>Day</u></b>	<b><u>Time</u></b>
<b>Brooklyn Center</b>	<b>January 15, 2008</b>	<b>Tuesday</b>	<b>4:00-5:30 PM</b>
<b>Apple Valley</b>	<b>February 25, 2008</b>	<b>Monday</b>	<b>6:00-7:30 PM</b>
<b>Como</b>	<b>March 25, 2008</b>	<b>Tuesday</b>	<b>6:30-8:00 PM</b>
<b>St. Paul</b>	<b>September 8, 2008</b>	<b>Monday</b>	<b>6:30-8:00 PM</b>
<b>Bloomington</b>	<b>October 21, 2008</b>	<b>Tuesday</b>	<b>7:00-8:30 AM</b>