

Healthy Weight Loss Strategies

- Maximize long term health improvement and weight loss
- Break the pattern of unhealthy habits
- Establish a healthy kitchen
- Gain expert support from a Registered Dietitian, Exercise and Behavioral Health Specialists, and a Medical Doctor



13 sessions in an educational six-month program

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

What:

- manual complete with nutrition information and goal worksheets
- pedometer
- grocery store tour

Cost: \$290 due upon registration
(*non-refundable* — about \$12 per week over six months) Registration deadline is one week prior to the program start date.

**For more information
or to register, call
Nutrition Services Department,
952-967-5120.**

Healthy Weight Loss Strategies Program 2009

Nutrition Services Department

Clinic Day & Time	13 Sessions												
	1	2	3	4	5	6	7	8	9	10	11	12	13
Woodbury Mondays 6:00-7:30pm	Jan 12	Jan 26	Feb 9	Feb 23	Mar 9	Mar 23	Apr 6	Apr 20	May 4	May 18	Jun 1	Jun 15	Jun 29
	<i>Registration deadline:</i> Monday, January 5, 2009 <i>Address:</i> 8450 Seasons Parkway (Radio Drive and Seasons Parkway), Woodbury												
Como Tuesdays 6:30-8:00pm	Feb 10	Feb 24	Mar 10	Mar 24	Apr 7	Apr 21	May 5	May 19	Jun 2	Jun 16	Jun 30	Jul 14	Jul 28
	<i>Registration deadline:</i> Tuesday, February 3, 2009 <i>Address:</i> 2500 Como Avenue (Highway 280 and Como Avenue), St. Paul												
HP Corporate Tuesdays 5:30-7:00pm	Mar 31	Apr 14	Apr 28	May 12	May 26	Jun 9	Jun 23	Jul 7	Jul 21	Aug 4	Aug 18	Sep 1	Sep 15
	<i>Registration deadline:</i> Tuesday, March 24, 2009 <i>Address:</i> 8170 33rd Avenue South (494 and 34th Avenue), Bloomington												
St. Paul Wednesdays 6:00-7:30pm	Sep 9	Sep 23	Oct 7	Oct 21	Nov 4	Nov 18	Dec 2	Dec 16	Dec 30	Jan 13, 2110	Jan 27, 2110	Feb 10, 2110	Feb 24, 2110
	<i>Registration deadline:</i> Wednesday, September 2, 2009 <i>Address:</i> 205 South Wabasha Street (Plato Blvd and Wabasha), St. Paul												
West Tuesdays 6:30-8:00pm	Sep 29	Oct 13	Oct 27	Nov 10	Nov 24	Dec 8	Dec 22	Jan 5, 2110	Jan 19, 2110	Feb 2, 2110	Feb 16, 2110	Mar 2, 2110	Mar 16, 2110
	<i>Registration deadline:</i> Tuesday, September 22, 2009 <i>Address:</i> 5100 Gamble Drive, Suite 100 (Highway 394 and Highway 100), St. Louis Park												

Healthy Weight Loss Strategies Program

Session topics

- 1. Keys to Success** – You might 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 skills to cope without food.
- 5. 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.
- 6. Hunger and 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.
- 7. Meal Planning** – Outsmart your compulsion to buy junk food by planning ahead and planning smart. We’ll teach you how to plan your meals for weight loss results.
- 8. Grocery Store Tour** – Put those meal planning skills to work at a local grocery store. On the tour, you will learn how to maintain a healthy kitchen while staying within your nutrition budget. Learn to navigate the store intentionally instead of compulsively.
- 9. 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.
- 10. Eating Out & Social Situations** – Dining out can fit in with your weight management efforts. Learn how to modify your choices so you can still enjoy some of what you want.
- 11. 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.
- 12. 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.
- 13. Social Support and Wrap-up** – Identify which people in your life are barriers and which are supporters of your new lifestyle. Learn creative ways to build a support network. Recognize setbacks and ways to navigate around them.

For more information or to register, please call Nutrition Services Department at 952-967-5120.