

Healthy Weight Loss Strategies 2011

What is this class?

This is an educational, seven-month program in 14 sessions about healthy weight loss.

What will I learn in this class?

- How to maximize long term weight loss and health improvements
- How to break unhealthy habits and establish a healthy kitchen

Who is this class for?

This class is for anyone wanting to take charge of their weight and health (you don't have to be a HealthPartners patient or member).

What is included in the class?

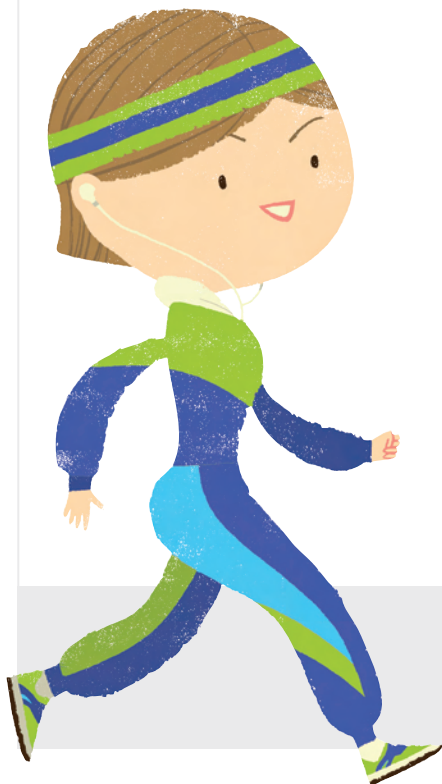
- Manual with nutrition information, goal worksheets and self-assessment exercises to make better decisions
- Pedometer
- Cooking demonstration
- Grocery store tour
- Expert strategies and support from registered dietitians, exercise and behavioral health specialists and medical doctor

To register

Call the Nutrition Services department at **952-967-5120**. A non-refundable class fee of \$300 (less than \$11 per week over seven months) is due upon registration. Registration deadline is one week prior to the program start date.

For more information visit healthpartners.com
(search healthy weight loss strategies)

See the **2011 class schedule** on the next page.



Healthy Weight Loss Strategies Program 2011-2012

	Como Wednesday 6-7:30 p.m. 2500 Como Ave St Paul	Apple Valley Monday 6-7:30 p.m. 15290 Pennock Ln Apple Valley	St. Paul Tuesday 6-7:30 p.m. 205 S. Wabasha St. Paul	West Tuesday 6-7:30 p.m. 5100 Gamble Dr. St. Louis Park	HP Corporate Tuesday 5:30-7 p.m. 8170 - 33 rd Ave S. Bloomington
14 Sessions	Registration ends February 11	Registration ends March 4	Registration ends June 1	Registration ends September 2	Registration ends September 23
1 Keys to Success	Starts February 16	Starts March 14	Starts June 7	Starts September 13	Starts October 4
2 Physical Activity	March 2	March 28	June 21	September 27	October 18
3 What is Healthy Eating	March 16	April 11	July 5	October 11	November 1
4 Understanding Nutrition	March 30	April 25	July 19	October 25	November 15
5 Stress Management	April 13	May 9	August 2	November 8	November 29
6 Overcoming Overeating	April 27	May 23	August 16	November 22	December 13
7 Meal Planning, Grocery Shopping	May 11	June 6	August 30	December 6	December 27
8 Local Grocery Store Tour	May 25	June 20	September 13	December 20	January 10, 2012
9 Cook Healthy	June 8	July 11	September 27	January 3, 2012	January 24
10 Exercise	June 22	July 18	October 11	January 17	February 7
11 Positive Self Talk	July 6	August 1	October 25	January 31	February 21
12 Body Image	July 20	August 15	November 8	February 14	March 6
13 Eating Out, Social Situations	August 3	August 29	November 22	February 28	March 20
14 Support, Wrap-up	August 17	September 12	December 6	March 13	April 3

Session topics — all sessions facilitated by a HealthPartners (HP) registered dietitian

- 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. Our associate medical director introduces the program.
- 2. Physical Activity** — Get tips on responding to your body's need to move. Find out how to use your pedometer. Learn important stretching/strengthening techniques by a HP physical therapist.
- 3. What is Healthy Eating** — Sample healthy foods and look at food records to study patterns of eating and adjust to feel satisfied and in control. A HP experienced registered dietitian will work with you to rearrange your eating habits to support your weight loss goals.
- 4. Understanding Nutrition** — Focus on portion sizes of foods in the different food groups and the nutritional benefits of each using the food guide pyramid at mypyramid.gov. How many portions are in your portion?
- 5. Stress Management** — When stress strikes, be prepared. Learn skills to cope without food. Our program behavior health specialist presents his expertise and meditation techniques.
- 6. Overcoming Overeating** — 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. Recognize emotions that trigger you to overeat. Our HP eating disorder dietitian brings her expertise to this session.
- 7. Meal Planning and Grocery Shopping** — Outsmart your compulsion to buy junk food by planning ahead and planning smart. Have you ever inventoried your kitchen? That is the first step to starting your grocery list. We will 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. HP dietitians take you to designated areas throughout the store to emphasize how to maintain a healthy kitchen while showing how all foods fit in your nutrition budget. On the tour, learn to navigate the store intentionally instead of impulsively.
- 9. Cook Healthy** — Enjoy a chef's cooking demo! Use your meal planning tips to go from preparation to the table for dinner and then turn leftovers into a meal for tomorrow. Join our chef from the Cordon Bleu Cooking Institute to learn practical ways to prep and save time when in your kitchen.
- 10. Exercise** — Learn ways to fit muscle conditioning and flexibility into your life and uncover solutions to your fitness barriers. The benefits of exercise affects so positively on a person's health, we call it a prescription for good health. The HP physical therapist returns to bring more depth to your personal exercise regimen.
- 11. 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. A HP behavioral health specialist engages you in very important self-talk and positive critique of yourself.
- 12. 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. An eating disorder background allows this behavioral health specialist the ability to teach us customs and cultures that have shaped our thinking.
- 13. Eating Out and Social Situations** — Dining out can fit in with your weight management efforts. A HP dietitian will help you learn how to modify your choices so you can still enjoy some of what you want. See how you will be able to prepare yourself to be in charge at your future social settings by using online resources on dining out.
- 14. Social Support and Wrap-up** — Identify people in your life who are barriers and who are supporters of your new healthy lifestyle. Discuss common pitfalls and strategies to stay on track. Your HP dietitian will help you discover creative ways to build a support network.