

HEALTHY WEIGHT

for

EVERYBODY

June 7

Introduction and Goal Setting

- **Understanding Healthy Weight**
- **Understanding your Risk Factors**
- **Realistic Expectations for a Healthy Lifestyle**
- **Setting Goals and Rewards**

June 14

Calorie/Meal Plans and Behavior Modification

- **Personal Meal Plan**
- **Understanding Healthy Behaviors and Emotional Needs**

June 21

Managing Cues and Eating Out

- **Understanding Triggers of Overeating**
- **Managing Eating Away from Home**

June 28

Grocery Store Tour

- **Understanding the Mayo Clinic Food Pyramid**
- **How to Read a Food Label**
- **What is a Serving Size?**

July 12

Meal Planning

- **Meal Planning Strategies**
- **Adapting Recipes**
- **Understanding Label Lingo**

July 19

Fitness with An Expert

- **Adding Physical Activity/Exercise to Your Busy Day**
- **Stretching and Strength Training**
- **Aerobic vs. Anaerobic: What's the Difference**
- **Strategies to Overcoming Barriers**
- **Exercising Away from Home**

July 26

Managing Stress to Manage Your Eating

- **Video**
- **Current Stress Coping Strategies**

August 2

Staying Motivated

- **Plateaus and Relapses**
- **Attitudes and Breaking Behaviors Chains**
- **Motivation Methods**

The next session is scheduled for September 13, 2010