

# Weight Management for Life

**Weight Management for Life** is a lifestyle change program to help people develop knowledge and skills for controlling their weight. The principles taught are helpful for losing weight, maintaining weight, and preventing weight gain. The emphasis is on developing a healthy lifestyle that will help people manage weight throughout their lifetime rather than attempting quick weight loss that is usually followed by weight re-gain.

**Weight Management for Life** is a 10 week program which includes weekly power point presentations, instructor's planning materials, guidelines for group classes and interaction, and a participant weight loss book for study and tracking your progress. The Instructor's guide contains everything you need to hold a weight management class for your organization or community.

## The Weight Management for Life Weekly Topics Include:

1. Your Healthy Weight
2. Developing a Physically Active Lifestyle
3. Your Nutrition in Detail
4. Eating for Good Health
5. Daily Living Choices
6. Managing Stress
7. Staying Motivated
8. Weight Loss, Medications and Surgeries
9. Children and Obesity
10. Focusing on Your Future

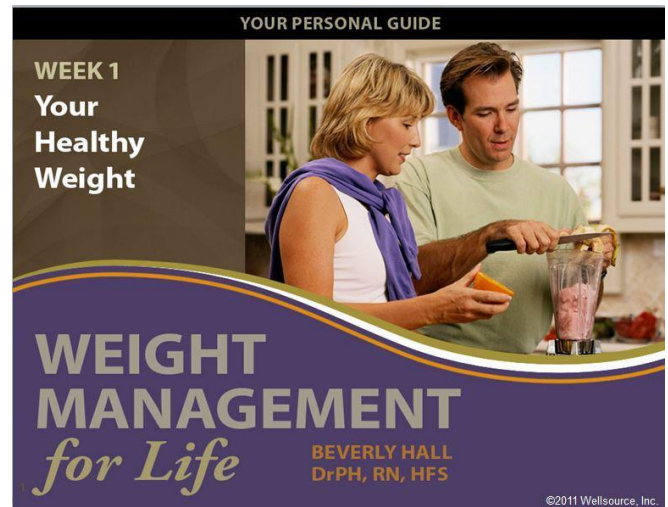
## The Instructor's CD Contains:

- 10 presentations with speaker's notes
- Planning and teaching tips for each class
- Promotion materials, flyers, posters, and advertising ideas
- Additional study materials and handouts
- Everything needed for teaching the class

**Participant Books** cover weekly topics, plus list resources for healthy living, weight loss, guidelines for healthy eating, physical activity, and motivation for being successful. Also included are tracking forms, weekly wellness challenges, and other nutrition and weight loss tips.

**Additional resources** are available for health testing, motivation, health awareness, and participant use:

- Blood pressure testing equipment for health screening and initial health assessment
- Body composition testing equipment for BMI and percent body fat
- Instructions and testing program for doing the 1-mile walk for aerobic capacity testing
- Pedometers for tracking steps - a great motivator to encourage physical activity and recommended for all participants
- Be\*Healthy - a Lifestyle Assessment software program that is available for your Windows PC platform.



## A Typical Class Session (60-90 minutes) Includes:

1. 10-15 minutes. Weigh in, group reporting, and discussion.
2. 40-50 minutes. Presentation of the day's topic including key weight loss principles, fitness and nutrition instructions, and a summary quiz.
3. 5-10 minutes. Giving the week's assignment, answering questions, explaining how to record their progress, etc.
4. 10-15 minutes. Weekly wellness challenge and demonstrations on how to use a pedometer, take your blood pressure and percent body fat, and cooking with low calorie recipes.

For ordering or more information call LifeLong Health at 503-557-9538, or email [MyLifelongHealth@gmail.com](mailto:MyLifelongHealth@gmail.com)