

# GROUP COACHING PROGRAMS

## WEIGHT MANAGEMENT



Our nation is suffering from a rapid increase in obesity, a costly condition that currently affects over 42% of adults. This program is designed to empower your members with the skills to escape this high-risk, high-cost condition. Over an 8-week period, program participants will learn how to make healthy dietary choices, safely increase physical activity levels, and better manage stress – ultimately translating into improved lifestyle habits and lasting change.

- ✓ This is an **8-week group course** to support weight loss and maintenance
- ✓ The program instructor will work with clients and participants to find the best time to host sessions.
- ✓ Sessions last **30 minutes**
- ✓ Sessions are typically at the same time and day each week for 8 consecutive weeks
- ✓ The program can be hosted **virtually or in person**
- ✓ Course curriculum aims to meet participants **where they are** in their weight loss journey
- ✓ Participants will focus on how to **navigate losing and maintaining weight** through healthy, life-changing choices
- ✓ Classes are **interactive** – participants can share their successes and struggles, actively helping fellow co-workers

## SYLLABUS

**Week 1** - Establish Goals

**Week 2** - Nutrition 101 & Easy Meal Planning

**Week 3** - Let's Get Moving

**Week 4** - Grocery Shopping & Healthy Cooking

**Week 5** - Take Control & Healthy Dining Out

**Week 6** - Let's Have a Plan & Overcoming Obstacles

**Week 7** - Metabolism Basics

**Week 8** - Managing Slip-ups

**+** **Program Incentives**, such as gift cards or branded items, are recommended for **completing** the program by attending **6 or more** classes.