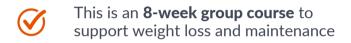


## **GROUP COACHING PROGRAMS**

## 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.



## 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
- 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 - Fstablish 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