

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
- ✓ 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