

Healthy Weight Loss Strategies 2010



- Maximize long term weight loss and health improvements
- Break unhealthy habit patterns
- Establish a healthy kitchen
- Gain expert support from Registered Dietitians, Exercise and Behavioral Health Specialists and Medical Doctor

Educational six-month program in 14 sessions

Who: Anyone wanting to take charge of their weight and health
(you need not be a HealthPartners clinic patient or member)

What: • manual complete with nutrition information, goal worksheets
• pedometer • cooking demonstration • grocery store tour

Cost: \$300 due upon registration
(non-refundable — under \$11 per week over six months)
Registration deadline is one week prior to the program start date.

For more information, or to register, call Nutrition Services Department at

952-967-5120

healthpartners.com (search *healthy weight loss strategies*)

Healthy Weight Loss Strategies Program

Session topics

- 1. Keys to Success** – You might know how to set goals, but do you know how to achieve them? Learn how to use self-monitoring tools effectively.
- 2. Physical Activity** – Get tips on responding to your body’s need to move. Find out how to use your pedometer. Learn important stretching/strengthening techniques.
- 3. What is Healthy Eating** – Sample healthy foods and look at food records to study patterns of eating and adjust to feel satisfied and in control.
- 4. Understanding Nutrition** – Focus on portion sizes of foods in the different food groups and the nutritional benefits of each.
- 5. Stress Management** – When stress strikes, be prepared. Learn skills to cope without food.
- 6. Hunger and Fullness** – Identify your “stop eating” signals and “I’m hungry” signals. Different foods can affect your hunger and fullness levels; learn to pick the right ones.
- 7. Meal Planning and Grocery Shopping** – Outsmart your compulsion to buy junk food by planning ahead and planning smart. We will teach you how to plan your meals for weight loss results.
- 8. Grocery Store Tour** – Put those meal-planning skills to work at a local grocery store. On the tour, you will learn how to maintain a healthy kitchen while staying within your nutrition budget. Learn to navigate the store intentionally instead of impulsively.
- 9. Cook Healthy** – Enjoy a chef’s cooking demo; use your meal planning tips to go from preparation to the table for dinner and then turn leftovers into a meal for tomorrow.
- 10. Exercise** – Learn ways to fit muscle conditioning and flexibility into your life and uncover solutions to your barriers. The benefits of exercise impacts so positively on a person’s health, we call it a prescription for good health.
- 11. Positive Self-Talk** – You listen to your thoughts all day ... are they undermining you or encouraging you? Learn ways to take back your power by challenging negative self-talk.
- 12. Body Image** – We can help you ease your anxiety about how you look and help you to assess yourself positively to begin the journey to self-acceptance.
- 13. Eating Out and Social Situations** – Dining out can fit in with your weight management efforts. Learn how to modify your choices so you can still enjoy some of what you want.
- 14. Social Support and Wrap-up** – Identify which people in your life are barriers and which are supporters of your new lifestyle. Learn creative ways to build a support network. Recognize setbacks and ways to navigate around them.

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Healthy Weight Loss Strategies Program 2010–2011

	Apple Valley Monday 6–7:30 p.m. 15290 Pennock Lane	St. Paul Tuesday 6–7:30 p.m. 205 South Wabasha Street	HP Corporate Tuesday 5:30–7 p.m. 8170 - 33 rd Ave So, Bloomington	Woodbury Wednesday 6–7:30 p.m. 8450 Seasons Parkway	Coon Rapids Tuesday 5:30–7 p.m. 11475 Robinson Drive NW
Sessions	Registration ends January 8	Registration ends March 12	Registration ends April 16	Registration ends August 27	Registration ends October 1
#1 Keys to Success	Starts January 18	Starts March 23	Starts April 27	Starts September 8	Starts October 12
#2 Physical Activity	February 8	April 6	May 11	September 22	October 26
#3 What is Healthy Eating	February 15	April 20	May 25	October 6	November 9
#4 Understanding Nutrition	March 1	May 4	June 8	October 20	November 23
#5 Stress Management	March 15	May 18	June 22	November 3	December 7
#6 Hunger and Fullness Awareness	March 29	June 1	July 6	November 17	December 21
#7 Meal Planning and Grocery Shopping	April 12	June 15	July 20	December 1	January 4, 2011
#8 Local Grocery Store Tour	April 26	June 29	August 3	December 15	January 18
#9 Cook Healthy	May 10	July 13	August 17	December 29	February 1
#10 Exercise	May 24	July 27	August 31	January 12, 2011	February 15
#11 Positive Self Talk	June 7	August 10	September 14	January 26	March 1
#12 Body Image	June 21	August 24	September 28	February 9	March 15
#13 Eating Out and Social Situations	June 28	September 7	October 12	February 23	March 29
#14 Support and Wrap-up	July 12	September 21	October 26	March 9	April 5