

# SYLLABUS

I=Individual Session, G=Group Session, R=Review Group Session

Session #	Date Completed	Weight	Topic	Handouts
I-1			Welcome & Introduction Readiness & Confidence	<i>Weight Management Readiness to Change;</i> <i>The Basics of Weight Control</i>
I-2			Introduction to Basics of Healthy Nutrition; Diet History; Individualized Meal Plan	<i>5 Food Groups;</i> <i>The Basics of Weight Control;</i> <i>Typical Diet Sheet;</i> <i>My Meal Plan</i>
I-3			Physical Activity History; Introduction to Goal-Setting; Set General Goals for Healthy Eating & Physical Activity	<i>Typical Physical Activity Sheet;</i> <i>Diet &amp; Exercise Goal Sheet</i>
I-4			Action Planning; Elements of a Good Action Plan; Develop 1 <sup>st</sup> Action Plans for Healthy Eating and for Physical Activity	<i>Action Planning Worksheet (Physical Activity Action Plan);</i> <i>Action Planning Worksheet (Healthy Eating Action Plan);</i> <i>Three Tips to Making Good Action Plans</i>
G-1 (Group Session 1 may be held as an individual session if too few patients.)			Obesity & Health; Weight Management: Introduction to Nutrition; Weight Management: Introduction to Physical Activity	<i>Obesity Related Health Risks;</i> <i>10 Health Gains from a 10% Weight Loss;</i> <i>The Basics of Weight Control;</i> <i>Action Plan Tracking Sheet; Action Planning Worksheet (Physical Activity Action Plan);</i> <i>Action Planning Worksheet (Healthy Eating Action Plan)</i>
G-2			Portions & Serving Sizes; Basics of Becoming Physically Active & Fun/Easy Ways to Get Started	<i>Serving Sizes;</i> <i>Get Started Getting F.I.T.;</i> <i>Exercise Can Be Fun!;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>

Session #	Date Completed	Weight	Topic	Handouts
G-3			Water & Liquid Calories; Walking	<i>Water: Drink Up!;</i> <i>Liquid Calories;</i> <i>Health Risks of Drinking Too Much Soda;</i> <i>Walking;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-4			Snacking; Stretching	<i>How to Read a Food Label: Serving Size &amp; Calories;</i> <i>Healthier Snacking;</i> <i>Sample Stretches (2 pages);</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
I-5			Motivation for Losing Weight & Changing Behavior	<i>So...You're Thinking About It;</i> <i>Weight Management Readiness to Change (completed in Session I-1)</i>
G-5			Fruits & Vegetables; Barriers to Exercise	<i>Fruits &amp; Vegetables;</i> <i>Common Barriers to Physical Activity;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-6			Sodium (Salt) & Fat; Benefits of Exercise	<i>Sodium (Salt);</i> <i>Good Fat, Bad Fat;</i> <i>How to Read a Food Label(Fat);</i> <i>Benefits of Regular Physical Activity;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-7			How to Eat Better & Make Better Choices; Exercise Safety	<i>Sample Menu &amp; Alternative Food Choices;</i> <i>Guidelines for Extreme Weather;</i> <i>Safety Reminders &amp; When to Stop Exercising;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-8			Stop & Think About What You're Eating; Warm Up & Cool Down	<i>Stop &amp; Think About What You're Eating!;</i> <i>Using the "Stoplight" to Make Healthier Food Choices;</i> <i>Warm Up &amp; Cool Down;</i> <i>Sample Stretches (2 pages);</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2)</i>

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I-6			Involving Others in Your Weight Loss Plan	<i>Involving Others in Your Weight Control Program</i>
G-9			Grains & Carbs; Exercising on a Budget	<i>Grains; Exercising on a Budget; North Wellness Walking Path; South Wellness Walking Path; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-10			Fast Foods; Lacking Time to Exercise	<i>Fast Food Calorie Chart; Fast Food Sample Menus; Healthier Fast Food Choices; Ways to Fit Physical Activity into Your Day; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-11			Eating Tips for Home & Eating Out; Pain and Medical Conditions & Exercise	<i>Eating Tips; Coping with Pain &amp; Medical Problems; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
G-12			Eating Control Techniques & Hunger Management	<i>Tempted? Control Yourself!; Slow Down...You Eat Too Fast; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
I-7			Healthy Lifestyle Choices	<i>Quitting Smoking is a Healthy Choice; Resources for Smoking Cessation; Alcohol: The Facts</i>
R-1			Good Nutrition, Making Healthy Food Choices, Portion Control, & Serving Sizes; Basics of Physical Activity & Benefits of Walking	<i>Obesity Related Health Risks; 5 Food Groups; Serving Sizes; Involving Others in Your Weight Control Program; Getting Started Getting FIT; Exercise Can Be Fun; Walking; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>

Session #	Date Completed	Weight	Topic	Handouts
R-2			Liquid Calories, Reading Food Labels, & Fast Food; Warming Up/Cooling Down, Stretching, Exercising Safely, & Barriers to Exercise	<i>Water: Drink Up!;</i> <i>Liquid Calories;</i> <i>How to Read a Food Label;</i> <i>Nutrient Label Claims;</i> <i>Fast Food Calorie Chart;</i> <i>Healthier Fast Food Choices;</i> <i>Warm Up &amp; Cool Down;</i> <i>Sample Stretches;</i> <i>Guidelines for Extreme Weather;</i> <i>Safety Reminders &amp; When to Stop Exercising;</i> <i>Common Barriers to Physical Activity; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
I-8			How Diet & Physical Activity Relate to Broader Concept of Recovery	<i>Recovery Wheel;</i> <i>Wellness Self-Management: The Wellness Wheel</i>
R-3			Fruits & Vegetables, Salt & Fats, and Grains; Exercising on a Budget & Making Time to Exercise	<i>Fruits &amp; Vegetables;</i> <i>Sodium (Salt); Good Fat, Bad Fat;</i> <i>How to Read a Food Label (Fat);</i> <i>Grains; Exercising on a Budget;</i> <i>Ways to Fit Physical Activity Into Your Day; Action Planning Tracking Sheet &amp; Worksheets (x2)</i>
R-4			Tips for Eating at Home or Eating Out, and Eating Control Techniques; Medical Conditions, Medications, & Other Substances	<i>Eating Tips;</i> <i>Slow Down! You Eat Too Fast!;</i> <i>Healthier Snacking; Dealing with Boredom; Emotions &amp; Your Weight;</i> <i>Coping with Pain &amp; Medical Problems;</i> <i>Alcohol: The Facts;</i> <i>Quitting Smoking is a Healthy Choice;</i> <i>Smoking Cessation Resources;</i> <i>Action Planning Tracking Sheet &amp; Worksheets (x2);</i> <b>CERTIFICATE OF COMPLETION!</b>