

Healthy Weight agenda

Health Engagement and Wellness Services

Program topics	Pages to review
	Cultivating Health [®] <i>Weight Management Kit</i> (2019) pages and other resources
Week 1: Ready <ul style="list-style-type: none"> ■ Introductions ■ Review materials ■ Skills to achieve success ■ Record keeping and progress reports ■ Goal setting 	Steps 1 and 2 Kit and folder contents 7–8, HW Lifestyle Guidelines 147–148, 23–26, progress report form 9, 149
Week 2: Get Set <ul style="list-style-type: none"> ■ Stages of change ■ Food records — adding detail ■ Goal setting 	Steps 2 and 3 12–14 19–27 18, 149
Week 3: Becoming an Expert <ul style="list-style-type: none"> ■ Plan healthier food choices ■ Physical activity benefits ■ Physical activity recommendations ■ Physical activity resources ■ Goal setting 	Steps 4 and 8 22, 26, 47–48 95 96, 99 91–105, NIA book, online 50, 149
Week 4: Fitting in Fitness <ul style="list-style-type: none"> ■ Overcoming barriers to physical activity ■ Tracking activity ■ Balancing types of physical activity ■ Goal setting 	Step 8 104 21, 25 99–101 149
Week 5: Goals and Action Plans <ul style="list-style-type: none"> ■ Make your personal plan ■ Goal setting 	Step 1 9, 10 149
Pyramid Power <ul style="list-style-type: none"> ■ Set your plate ■ Foundation food plan ■ Plan healthier food choices ■ Managing food portions ■ Vegetables and fruits ■ Develop your weekly goals 	Step 4 29–30 33–34 30–48 26, 34, 49 37 50, 149

<p>Lowering Risky Fats and Sugar</p> <ul style="list-style-type: none"> ■ Cravings/Bingeing cycle ■ Snacking ■ Lowering risky fats and sugar ■ Eating awareness ■ Nonfood rewards ■ Develop your weekly goals 	<p>Step 5</p> <p>56, 84, 87</p> <p>60–61</p> <p>57–59</p> <p>54–55</p> <p>62–63</p> <p>64, 149</p>
<p>Quick Meals in a Hectic World</p> <ul style="list-style-type: none"> ■ Menu planning ■ Stock a healthy kitchen ■ Quick meals in a hectic world ■ Nonfood rewards ■ Develop your weekly goals 	<p>Step 6</p> <p>65–67, 70–79</p> <p>68–69</p> <p>71–79, 134–144</p> <p>62–63</p> <p>80, 149</p>
<p>Is It Really Hunger?</p> <ul style="list-style-type: none"> ■ Emotional eating/triggers/feelings ■ Manage impulse eating ■ Managing stress ■ Daily check-in ■ Food, nondieting, and life balance resources ■ Nonfood rewards ■ Develop your weekly goals 	<p>Step 7</p> <p>82–83, 85</p> <p>33–35</p> <p>88–89</p> <p>86</p> <p>Resources handout/Online</p> <p>62–63</p> <p>90, 149</p>
<p>On the Move</p> <ul style="list-style-type: none"> ■ Physical activity autobiography ■ Levels of physical activity ■ Make your personal plan ■ Develop your weekly goals 	<p>Step 8</p> <p>92</p> <p>98–101</p> <p>103, 105</p> <p>106, 149</p>
<p>Meeting Challenges</p> <ul style="list-style-type: none"> ■ Managing setbacks ■ Persistence and resilience ■ Your self-esteem and your self-talk ■ Practice assertiveness ■ Bill of rights ■ Restaurant meals and vacations ■ Develop your weekly goals 	<p>Step 9</p> <p>14, 110–111</p> <p>117–119</p> <p>112</p> <p>113, 117</p> <p>114</p> <p>115–116</p> <p>120, 149</p>
<p>Looking Ahead</p> <ul style="list-style-type: none"> ■ Motivation and timeline for change ■ Discover solutions ■ Getting support ■ Maintenance ■ Life balance; finding time to practice program skills ■ Develop your weekly goals 	<p>Step 10</p> <p>122–123</p> <p>114–125</p> <p>124</p> <p>128</p> <p>129</p> <p>131, 149</p>