

Lifelong Weight Management™

Lifelong Weight Management is a ready-to-use lifestyle change package combining weight management with disease risk reduction. The program combines group interaction to report progress, solve problems, and offer support; instruction on principles of weight management; behavior change concepts; and a weekly health-related topic presented as a wellness challenge.

Key features are setting realistic goals and an appropriate calorie control eating plan; developing a physical activity plan, weekly motivation, instruction, and problem solving; group support and accountability; self-monitoring; and recording progress and measuring outcomes. It is designed for community leaders to use in ten weekly sessions in PowerPoint® format. in homes or large centers. Print participant materials from CD. Plan the weekly meetings for a little over one hour.

Weekly Topics:

- ◆ Achieving and Maintaining a Healthy Weight
- ◆ Developing Your Physical Activity Plan
- ◆ Eating Cues, Meal Planning, and Healthy Bones
- ◆ Choosing Healthier Protein Foods
- ◆ Choosing Food, Feelings, and Healthy Carbohydrates
- ◆ Increasing Your Physical Activity
- ◆ Choosing Healthy, Low-Calorie Food
- ◆ Limiting Calories and Choosing Healthy Fats
- ◆ Handling Eating Out and Eating for Heart Health
- ◆ Handling Celebrations and Eating to Reduce Cancer

Each Coordinator's Guide Includes:

- ◆ Plans for implementing the program, promotional materials, resources
- ◆ Speaker notes for each graphic
- ◆ CD-ROM with PowerPoint® graphics for 10 sessions, all resources, etc.

Titles in the LifestyleChange Series™

Eight Weeks to Wellness™ Ocho Semanas hacia la Salud Integral™
Fitness for Life™ Lifelong Weight Management™

System Requirements for PowerPoint Presentations

Microsoft Windows 95 or higher

To view slides, viewer included - no additional software needed

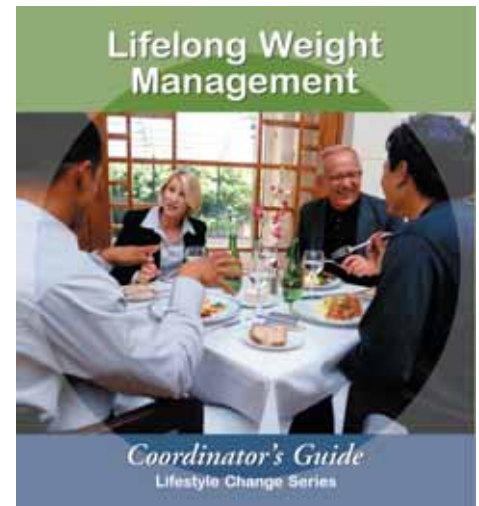
For large groups, LCD projector needed to project slides

About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

LifeLong Health and the LifeLong Health® logo are registered trademarks of Wellsource, Inc. Other trademarks are the property of their respective owners. This product is not intended to be a substitute for medical care. If you are under medical care, follow your doctor's recommendations regarding your condition.

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Coordinator's Guide & CD: EP1030-I
Participant materials to print from CD

For information or to order, call:

800.533.9355



**Tools & Training for Effective
Health Outreach**

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