

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

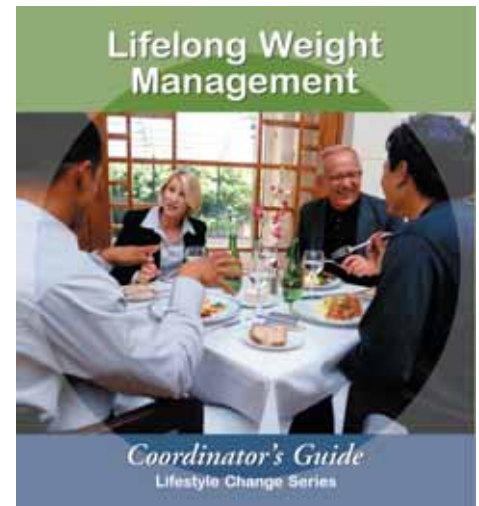
For large groups, LCD projector needed to project slides

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 HealthÆ 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 HealthÆ 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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