

Register now – Healthy Weigh starts February 6

Looking to lose weight? Start 2018 the Healthy Weigh! Our own weight management program provides participants with the tools they need to lose weight safely and effectively. Our next eight-week program begins Tuesday, February 6. Continue reading for more information.

Healthy Weigh is open to employees, graduate students, and significant others. Healthy Weigh is not a diet or restrictive weight loss regimen. It is a launch pad that empowers participants to create a sustainable weight management program that works for them. The program is compatible with other reliable weight loss programs.

The program features life skill development, fun learning activities, group support and accountability. Participants will learn to:

- Set a healthy rate of weight loss
- Master portion control
- Maximize success by keeping a food log
- Create attainable short and long-term goals
- Unleash the power of physical activity in weight loss
- Discern weight loss program and product claims
- Overcome barriers to weight management
- Shop, cook and eat out healthfully

Program logistics

Dates: Eight Tuesdays starting February 6 (no session during spring break)

Time: 5:15 – 6 pm (confidential weight in before and after the session)

Location: Room 108 Bevier Hall

Who can join: Employees, retirees, graduate students, and their significant others

Cost: \$15

To register or for more info: Contact Campus Wellbeing Services at 217-265-9355 or wellbeing@illinois.edu .