

# Lose weight in 2019 the Healthy Weigh!

Our popular weight management program returns this February. This eight week program provides a foundation of reliable information and life management skills needed to lose and maintain weight loss. Healthy Weigh is open to employees, significant others, retirees and graduate students. Classes will meet Tuesdays at 5:15 pm, starting February 19. Continue reading to learn more about this unique program.

## What does Healthy Weigh involve?

Each week participants learn and practice a specific weight management skill:

- Week one: Understanding weight gain and loss
- Week two: Portion control and food logging
- Week three: Calorie density and effective goal setting
- Week four: Choosing a program that works for you
- Week five: Overcoming barriers to weight management
- Week six: Mindful eating
- Week seven: Weight plateaus and the role of physical activity in weight management
- Week eight: Planning ahead to move forward

The purpose of this program is to ground participants in reliable weigh loss methods. At the end of the eight weeks, participants are prepared to either continue on their own successfully, or to adopt a different reliable program.

Healthy Weigh is applied and practical. Participants support each other in small groups, engage in fun learning games, and practice each week's skill at home between sessions. Confidential weigh-ins help participants stay on track.

## When and Where:

Days: Eight Tuesdays, starting February 19

Time: 5:15 pm – 6:15 pm (confidential weigh-ins begin at 5 pm)

Where: Bevier Hall, Room 108

Cost: \$15 (for materials)

To register go to <https://go.illinois.edu/CampusWellbeingServicesPrograms>