

## Lose Weight the Healthy Weigh

Looking to lose weight? Start 2020 the Healthy Weigh! Our campus' own weight management program provides the tools needed to lose weight safely and effectively. Our next eight-week program begins on Wednesday, February 26. Read on to learn more about this unique program.

### What does Healthy Weigh involve?

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. 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 weight loss methods. By the end of the eight weeks, participants are prepared to either continue on their own, or to adopt a different reliable program.

### Who, what, when and where:

- Who can join: Employees, retirees, graduate students, and their significant others
- Days: Eight Wednesdays, starting February 26
- Time: 5:15 pm – 6:15 pm (confidential weigh-ins begin at 5 pm)
- Where: Room 108, Bevier Hall
- Cost: \$15 (for materials)
- **How to register:** Go to <https://go.illinois.edu/CWSPPrograms>