Group 12-week weight loss program topics
Below is a list of the types of topics we will help you to learn about in our weekly group program.

**Understanding and Managing Portion Sizes**
- How to identify portion sizes on labels
- Estimating portion sizes when a label is not available
- Understanding the caloric cost of food and the value of portion management
- Strategies for managing portions

**Conquering Triggers and Cues**
- Recognizing environmental cues that affect eating and physical activity
- Identifying how to respond to and “control” the cues
- Strategies for successfully managing cues and triggers
- Understanding emotional eating cues

**Understanding the process of weight loss**
- Understanding how much weight loss one can expect
- Learning about health benefits of weight loss
- Planning for factors that influence weight loss success.
- Learning about the difference between weight loss and fat loss.
- Influences of hunger and appetite on rate of loss.

**Fueling your body for exercise while losing weight: Fact and Fiction**
- Sports drinks – Do you need them?
- Learn eating strategies pre and post workout
- Understanding hydration
- Role of carbohydrates as fuel

**Understanding hunger, satiety, and meal timing**
- Knowing when, what and how much to eat
- Breakfast vs no breakfast, small frequent meals vs large meals
- Protein loading
- Is a calorie a calorie (protein, carbohydrate, fat).
Who Needs a Supplement and How to Choose One
- Probiotics
- Vitamins
- Minerals
- Omega-3’s
- Protein

How to handle social events while managing your weight
- Developing skills for attending parties, social events, travel, while dieting.
- Navigating peer pressure.
- Using your positive support system

Exercise: which, when, how much
- Exercise Do’s and don’ts
- Reasonable expectations, no spot reduction
- Finding your preferred activity

Understanding Barriers & Strengths in Health Commitment
- Health Commitment Matrix: Understanding how your whole life influences health goals
- Understanding your personal barriers & strengths
- Learning skills for realistic planning

Managing Your Stress
- Learning to reduce stressors
- Managing the stressors you can’t avoid
- Practical stress reduction strategies

Improving sleep for better health
- Understanding how sleep, weight, and appetite are connected
- Learning how improved sleep promotes health
- Practical strategies to improve sleep

Positive Thinking – Positive Action
- Learning cognitive behavioral strategies to interrupt negative thinking; promote positive thinking and action
- Understanding how to manage thoughts for improved health
- Tuning out the naysayers and negative nellies in your life