



TEXAS TECH UNIVERSITY

College of Human Sciences

## Nutrition & Metabolic Health Initiative™

### *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 nellys in your life