



Lighten Up

Weight Management Class

Course Materials

Topic	Learning Activities	Resources
Nutrition Basics » Nutrition Basics Video » Video – Part 1 » Video – Part 2	» What did you learn/Food journaling activity » Goal tracking sheet	» Four Ways a Food Diary Can Help You Lose Weight » www.thecenterformindfuleating.org Books to explore: » Intuitive Eating by Evelyn Tribole and Elyse Resch; 3rd Edition » Nutrition Basics Additional Resources
Healthy Cooking and Meal Planning » Video	» Healthy Cooking and Meal Planning learning activities » Goal tracking sheet	» www.skinnytaste.com » www.eatingwell.com » www.melskitchencafe.com (for some recipes use the recipe substitution list). » www.rachaelray.com (search “healthy”) » www.rachaelraymag.com (search “healthy”) » Recipe substitution list » Healthy Cooking and Meal Planning Additional Resources
Grocery Shopping Basics » Video	» Grocery Shopping learning activities » Goal tracking sheet	» Grocery Shopping Basics Additional Resources
Dining Out and Sensible Snacking » Video	» Dining Out and Sensible Snacking learning activities » Goal tracking sheet	» Dining Out and Sensible Snacking Additional Resources
Behavior Change » Video	» Behavior Change learning activities » Goal tracking sheet	» Flowchart: How to Change a Habit » Behavior Change Additional Resources
Physical Activity » Video	» Physical Activity learning activities » Weekly exercise and physical activity plan » Goal tracking sheet	» Physical Activity Additional Resources
Emotional Eating » Video	» Emotional Eating learning activities » Goal tracking sheet	» Emotional Eating Additional Resources
The Weight Loss Plateau, Roadblocks, and Speed Bumps » Video	» Roadblock and Speedbump learning activities » Goal tracking sheet	» The Weight Loss Plateau, Roadblocks, and Speed Bumps Additional Resources