



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 » Webinar » 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 » Webinar » Video | » Grocery Shopping learning activities » Goal tracking sheet | » Grocery Shopping Basics Additional Resources |
| Dining Out and Sensible Snacking » Webinar » Video | » Dining Out and Sensible Snacking learning activities » Goal tracking sheet | » Dining Out and Sensible Snacking Additional Resources |
| Behavior Change » Webinar » Video | » Behavior Change learning activities » Goal tracking sheet | » Flowchart: How to Change a Habit » Behavior Change Additional Resources |
| Physical Activity » Webinar » Video | » Physical Activity learning activities » Weekly exercise and physical activity plan » Goal tracking sheet | » Physical Activity Additional Resources |
| Emotional Eating » Webinar » Video | » Emotional Eating learning activities » Goal tracking sheet | » Emotional Eating Additional Resources |
| The Weight Loss Plateau, Roadblocks, and Speed Bumps » Webinar » Video | » Roadblock and Speedbump learning activities » Goal tracking sheet | » The Weight Loss Plateau, Roadblocks, and Speed Bumps Additional Resources |