

# Lifelong Weight Management<sup>™</sup>

Lifelong Weight Management<sup>™</sup> is a ready-to-use lifestyle change package combining weight management with disease risk reduction. The program combines group interaction to report progress, solve problems, and offer support; instruction on principles of weight management; behavior change concepts; and a weekly health-related topic presented as a health challenge.

## Key features are:

- Setting realistic goals and an appropriate calorie control eating plan
- Developing a physical activity plan
- Weekly motivation, instruction, and problem solving
- Group support and accountability
- Self-monitoring
- Recording progress and measuring outcomes

It is designed for health leaders to use in ten weekly sessions. Participant materials can be printed from the CD. Weekly meetings will last a little over one hour. Over 400 graphics.

## Weekly Topics:

- Achieving and maintaining a healthy weight
- Developing your physical activity plan
- Eating cues, meal planning, and healthy bones
- Choosing healthier protein foods
- Choosing food, feelings, and healthy carbohydrates
- Increasing your physical activity
- Choosing healthy, low-calorie food
- Limiting calories, and choosing healthy fats
- Handling eating out, and eating for heart health
- Handling celebrations, and eating to reduce cancer

## Each Coordinator's Guide Includes:

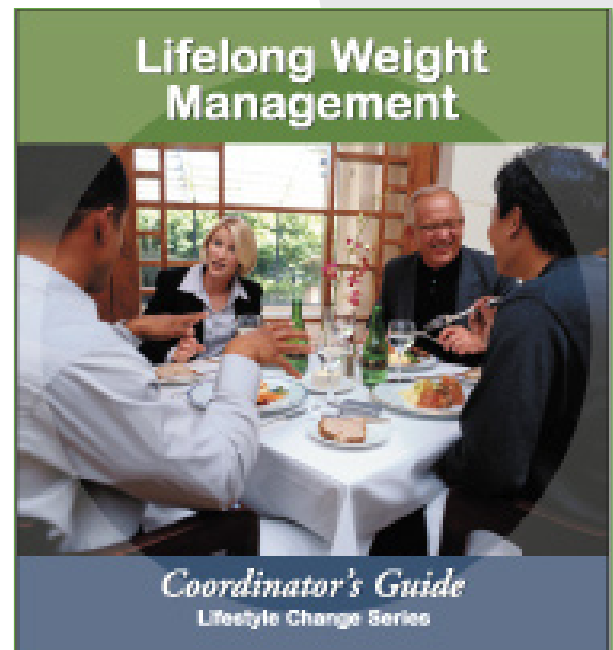
- Plans for implementing the program, promotional materials, resources
- Speaker notes for each graphic
- CD with PowerPoint<sup>®</sup> graphics for 10 sessions, all resources, etc.

## Each Package includes:

- Speaker notes for each slide, a sample self-scored survey
- CD with the PowerPoint<sup>®</sup> presentation, the survey, and other resources

## System requirements for PowerPoint<sup>®</sup> presentations:

Microsoft Windows 95 or higher. MS PowerPoint<sup>®</sup> viewer is included.



For more information or to order:

**Call:** 800-533-9355

**Email:** [lifelong@wellsource.com](mailto:lifelong@wellsource.com)

**Visit:** [www.wellsource.org](http://www.wellsource.org)

## About LifeLong Health<sup>®</sup>

LifeLong Health<sup>®</sup> is a product line of health resources for corporate and community health outreach. Wellsource, Inc., is a leader in corporate health assessment and prevention systems. The LifeLong Health<sup>®</sup> product line is based on current evidence-based scientific research, and is designed for health leaders to use as effective lifestyle interventions. Each resource is based on population research and offers common-sense recommendations. LifeLong Health<sup>®</sup> products are not intended to be a substitute for professional medical care.