

# HealthyLife<sup>®</sup> Weigh



This weight management program focuses on weight loss goals supported by healthier nutrition practices and increased physical activity. It is ideal for the individual needing to lose 10-40 pounds, and at a stage of readiness where lifestyle changes can be made.

Nutrition education is delivered in a **4 week program led by a Registered Dietitian** in the Minges Wellness Center at UNC Lenoir Health Care. The program is a modified form of the national program, HealthyLife<sup>®</sup> Weigh, and focuses on the necessary formula for permanent weight loss: balancing calorie intake from food and calorie output through physical activity. We will assist you in making permanent lifestyle changes to help you get to and stay at a healthy body weight. This is not a diet but a new way of incorporating positive eating and activity habits.

**Each Series consists of 4 classes, and attendance at all 4 classes is necessary for completion:**

**Class #1: Get the Ball Rolling**  
*(Portion Distortion, Meal Plans, Tracking)*

**Class #2: More or Less**  
*(Nutrients to Increase & Decrease)*

**Class #3: Smart Choices**  
*(Grocery Shopping, Recipe Make overs, Eating Out)*

**Class #4: Mind over Matter**  
*(Emotional Eating, Slips, & Staying on Track)*



Participants will receive two months membership in the Minges Wellness Center with an individual exercise plan developed with an exercise specialist.

Required registration for each session may be completed by calling the Minges Wellness Center at 252-522-7014. Location: Minges Wellness Center classroom. Cost \$150 at registration.

**January 2019 Series**  
Tuesdays  
from 8:30-9:30 am  
January 8, 15, 22, & 29

**March 2019 Series**  
Mondays  
from 3:30-4:30 pm  
March 4, 11, 18, & 25

**June 2019 Series**  
Tuesdays  
from 8:30-9:30 am  
June 4, 11, 18, & 25

**September 2019 Series**  
Wednesdays  
from 12:00-1:00pm  
September 4, 11, 18, & 25

**February 2019 Series**  
Wednesdays  
from 12:00 - 1:00 pm  
February 6, 13, 20, & 27

**May 2019 Series**  
Thursdays  
from 12:00-1:00 pm  
May 9, 16, 23, & 30

**August 2019 Series**  
Thursdays  
from 3:30-4:30pm  
August 8, 15, 22, & 29

**October 2019 Series**  
Mondays  
from 8:30-9:30am  
October 7, 14, 21, & 28