



It's easy with free Online Group Coaching

Join these fun health programs right from your computer



The Weight is Over: How to start managing your weight and living well today

- Learn helpful tips for living well and feeling better
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

The program starts Tuesday **January 19st** at **11am CT** or Wednesday **January 20th** at **3pm CT**.

- 6 week series
- 30 minute sessions
- Delivered virtually right to your computer!
- **REGISTRATION REQUIRED.** Space is limited.

*Please only register for 1 session time due to limited availability

Participants completing all 6 sessions will be entered to win a FitBit® Zip™.

Ready to start getting healthy?



1. Click on this link : [11am CT Session REGISTER HERE](#) or [3pm CT Session REGISTER HERE](#)
2. Enter your registration information and click on “register.”
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

Program details:

WEEK 1

Why Weight? How to eat better and start losing weight.

An overview of weight management and the benefits of watching your weight. You'll learn all about sources of energy, including carbohydrates, fats and proteins.

WEEK 2

The balancing act nutrition and exercise

Why balancing your diet is good for your health--and how the "MyPlate" food guide can help. You'll learn the advantages of being active and how to assess your activity goals and levels.

WEEK 3

Daily living: Building healthy habits every day

We'll talk about how to make physical activity an important part of your daily life. You'll learn how healthy eating and physical activity can work together to help.

WEEK 4

On the go: Tips for grocery shopping and dining out

Helpful tips for grocery shopping and eating healthy when away from home. We'll also discuss the importance of mindful eating strategies for managing your weight.

WEEK 5

Yes, you can! Taming temptations and thinking positive

Keys to identifying the triggers for eating and physical activity behaviors. You'll also learn how negative thoughts influence your behavior--and how to stop them.

WEEK 6

On top for your life: Managing stress and staying motivated

A discussion of coping strategies, and how stress can affect lifestyle behaviors. We'll review key points from this series and talk about managing your weight for the long-term.

Online Group Coaching

It's free. It's easy. And it just may change your life.

