

Weight Loss Matters

Fall 2009 Schedule

Tuesdays Noon-1pm 102 Mining and Minerals Bldg.

Tuesdays 5:15-6:15 502A Nursing Bldg.

Thursdays 11am-Noon 403 Wethington



Week 1: September 1 and 3

Bust Through Your Plateau!

- Feeling stuck? Haven't seen the scale move in a few weeks? Then this class is for you! Find out what tweaks you can make to get things going again. Not at a plateau? You'll still want these tips in case you hit a wall down the road!

Week 2: September 8 and 10

Best of the Exchange Lists

- You know the exchange system gives you lots of choices, but some choices are better than others. We'll discuss how to make the most of your meal plan and get the best bang for your bite!

Week 3: September 15 and 17

What's Really in Your Food?

- A picture speaks a thousand words and this class will prove it! Join us as we discover exactly what is in your food!

Week 4: September 22 and 24

Weight Loss Matters Trivia

- Fun and learning all in one class? It must be trivia time! Join us for this team-based event where you will compete for prizes and show off your WLM know-how!

Week 5: September 29 and October 1

Re-registration for current participants

The Real Deal: Exercise and Weight Loss

- How does exercise help with weight loss? Or does it? Confusion abounds with some new research, so we'll help you sort it all out!

Weight Loss 101 (new participants)

- Receive WLM binder and exchange lists
- Introduction to meal plan
- Explanation of ADA Exchange Lists

Week 6: October 6 and 8**Emotional Eating**

- We have all given in to emotional eating at some point, but it can be problematic for many people. We'll help you get some perspective and take the focus off food.

Week 7: October 13 and 15**Weight Loss Matters Potluck**

- Time to eat! We invite everyone to bring a dish and share it with the group. We'll also be sure to swap the recipes—the perfect opportunity to get some fresh ideas!

Week 8: October 20 and 22**Toot Your Own Horn**

- When is the last time you stopped to tell yourself “Good job!”? Well, here is your chance and you'll even get to share your successes with the group for added encouragement!

Week 9: October 27 and 29**Super Spooky Nutrition Myths**

- Halloween is right around the corner, so now is the perfect time to address the most hair-raising nutrition myths! Join us as we set the record straight.

Week 10: November 3 and 5**Re-registration for current participants****Is Your Kitchen Due for a Makeover?**

- Is your kitchen pleasant and functional? Or do you try to avoid it all costs? With some simple strategies, you can breathe new life into your kitchen and restore some healthy magic!

Weight Loss 101 (new participants)

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