

Weight Loss Matters

Summer 2009 Schedule

Tuesdays Noon-1pm 102 Mining and Minerals Bldg.

Tuesdays 5:15-6:15 403 Wethington Bldg.

Thursdays 11am-Noon 405 Wethington



Week 1: June 16 and 18

Decoding Food Labels

- Does a trip to the grocery store leave you dazed and confused? We'll help you make sense of all the label lingo so that you can make the best choices (most of the time!)

Week 2: June 23 and 25

Portion Distortion

- We all think we can correctly estimate portion sizes, but we'll put you to the test! WARNING: May be an eye-opening experience.

NO CLASS June 30 and July 2: Happy July Fourth!

Week 3: July 7 and 9

The Science of Appetite

- We'll discuss what affects appetite, why it is so powerful, and how you can stay in control.

Week 4: July 14 and 16

Weekend Warriors

- You are not alone if your weight loss during the week is sabotaged by your weekend eating habits. We'll help you keep your progress going right through the weekend!

Week 5: July 21 and 23

Re-registration for current participants

Healthy Foods That Really Aren't

- With so many products in the grocery store, it is easy to get lured into marketing traps. We'll help you figure out how to spot a health-food imposter!

Weight Loss 101 (new participants)

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

Week 6: July 28 and 30**What's Stopping You From Exercising?**

- We'll help you identify the barriers that are keeping you on the couch and help you develop a game plan for overcoming them.

Week 7: August 4 and 6**Fresh From the Farmer's Market**

- We'll have fun sampling dishes prepared from fresh Farmers' Market ingredients!

Week 8: August 11 and 13**What's Missing From Your Diet?**

- We're always talking about what to cut out of your diet, but there are some nutrients to make sure you consume through your diet. We'll talk about their benefits and how to get them.

Week 9: August 18 and 20**Help! I Lost My Motivation**

- Have you lost your weight loss mojo? We'll help you get it back and recharge your motivation!

Week 10: August 25 and 27**Re-registration for current participants****The Skinny on Artificial Sweeteners**

- One day they help you save calories, the next day they make you gain weight. What gives? We'll give you the real deal!

Weight Loss 101 (new participants)

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