

Weight Loss Matters

Summer 2008 Schedule

Tuesdays 12:10-12:50 102 Mining and Minerals Bldg

Tuesdays 5:15-6:15 511 Nursing Bldg.

Thursdays 11am-Noon 411 Wethington Bldg.



Week 1: June 10th and 12th

Figuring Out Food Labels

- With all the food choices we have, it can feel impossible to make a good decision. We'll teach you how to balance the pros and cons of different foods and make the best choice for you.

Week 2: June 17th and 19th

Portion Size Practice

- Whether you think you know portion sizes or not, everyone can use a little brush-up! We'll challenge you with our fun activity.

Week 3: June 24th and 26th

Exercise: The Options are Endless!

- If you think exercise has to be boring, you won't after this class! We'll introduce you to a variety of gadgets and classes that are sure to pique your interest.

NO CLASS July 1st or 3rd

Week 4: July 8th and 10th

Are You Sure You're Hungry?

- Are you a victim of overeating, emotional eating, mindless eating, or all of the above? If so, getting in touch with your physical hunger is a great way to take back control.

Week 5: July 15th and 17th

Re-registration for current participants

Fresh From the Farmers' Market

- We'll sample some of our favorite foods and recipes from the Lexington Farmers' Market.

Weight Loss 101 (new participants)

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

Week 6: July 22nd and 24th

Weight Loss on the Web

- When it comes to weight loss, the Internet is definitely your friend! We'll show you some of our favorite on-line resources.

Week 7: July 29th and 31st

Where Did My Motivation Go?

- Need to get your weight loss "mojo" back? We'll take a look at why motivation wanes and how you can get it back for good!

Week 8: August 5th and 7th

Eat Healthy on a Budget

- With food and gas prices on the rise, many budgets are spread thin. But we'll show you how to eat right and keep some money in your wallet.

Week 9: August 12th and 14th

Weight Loss Matters Trivia

- The game is on! Compete in teams and win prizes with our trivia game.

Week 10: August 19th and 21st

Re-registration for current participants

Recipe Makeovers

- You don't need special "diet" recipes to eat healthy—you can give any recipe a makeover! We'll share some of our favorite tips and let you practice some recipe makeovers.

Weight Loss 101 (new participants)

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