WeightWise Weight Loss Challenge
Education Calendar

Week #1: Getting Started

Take this time to answer questions in regards to program and hand out materials to newcomers. Discuss importance of safe nutrition and exercise behaviors and invite members to visit www.mypyramid.gov in order to determine caloric requirements and recommendations. Provide corresponding materials.

Week #2: Portion Sizes and Moderation

This week's lesson is about understanding portion sizes and eating in moderation. Team members can take the Portion Distortion Quiz and MyPyramid Activity Tracker Tutorial to better understand portions. Group discussions about portion images are encouraged and members can pick one of the images to assist them during the challenge. Provide corresponding materials.

Week #3: Restaurant Eating

This week's lesson is on how to stay healthy while dining out. Provide corresponding materials.

Week #4: Group Walk

One-third of the way through…how is everybody doing? This week teams can join their leader on a one to two mile walk. Be sure to stretch afterwards and remind them that they burned about 100 calories per mile. Read "A Walk a Day" for continued motivation. Provide corresponding materials.

Week #5: Healthy Snacking

This week's lesson is about how to snack and be healthy at the same time. Team members can explore the American Dietetic Association's Super Market Tour. Provide corresponding materials.

Week #6: Staying Motivated

We're halfway through and motivation may be wearing thin. This week discuss some things you can do to keep you on track with your weight loss program and complete Motivation Exercise. Provide corresponding materials.

Week #7: Living the Active Life

This week's lesson is on fitness. Living the Active Life is a Power Point presentation available for members to view if there is a computer available! Provide corresponding materials.

Week #8: Shopping and the American Plate Model

This week's lesson is on how to grocery shop in a way that will help you manage your weight. There are two presentations to watch together or individually. Provide corresponding materials.

Week #9: Mindful Eating

This week's lesson will help you to understand emotional eating versus physical hunger. The Emotional Eating Questionnaire is available to help identify emotional eating habits. Provide corresponding materials.

Week #10: The Spectrum by Dean Ornish MD

Only two weeks left…competition is getting tight. It is time to start thinking of putting into place "Lifestyle" changes that are permanent. Dr. Ornish has written a book titled The Spectrum where he outlines a program for permanent change. He also discusses research on this program demonstrating the ability to reverse heart disease by following a lifestyle program.
http://www.pmri.org/spectrum/lifestyle-program.html

Week #11: Planning Ahead and Prevention

This week's lesson will help individuals understand the importance of surrounding themselves with a strong support group in order to maintain or continue weight loss once the program is over. The activity of "My Plan" will assist team members in identifying triggers and coping plans for their continued success after the challenge is completed. Provide corresponding materials.

Week #12: Weight Loss Finale

Final week! Be sure all weigh-ins are complete, update teams on standings prior to final weigh-in, and remind participants to make use of motivational resources provided in the Week 6 and Week 11 Planning Ahead and prevention lessons, and other social networking resources to assist with success beyond this program. Encourage participants to print the Holiday Maintenance Challenge forms and to begin tracking today. Complete spread sheet and Administrator Survey and send via email to Stephanie Marshall at Stephanie.marshall@ky.gov Provide certificate of achievement.