





# Walk-a-Weigh: The Road to Permanent Weight Loss

## Designed for Extension Agents or Health Care Professionals

Walk-a-Weigh can be presented by an Extension agent or health care professional that has been trained in basic weight management. The lessons are offered weekly for 8-12 times. Naturally, more often is better.

### To order the curriculum:

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### Here are some sample topics from the program:

- You Can Succeed at Weight Management
- Where Can You Cut Extra Calories?
- Saving Money on Healthy Food
- Taking Control of What is Around You
- Modifying Recipes
- Eating Out
- Lifestyle Fitness
- Meat Alternatives
- Volumetrics
- Overcoming Pre-Diabetes
- Nutrition Labeling
- Keeping the Weight Off



Time can be allotted for the group to walk or do other exercise together



Since the lessons are offered in a group setting, people get the support they need to improve their personal habits. Time can also be allotted for the group to walk or do some other exercise together while discussing the Walk-and-Talk questions that are provided in each lesson. Also included are low calorie recipes that can be demonstrated or just distributed each week. Each lesson has a power point presentation with a detailed script and attractive handouts.

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Address: \_\_\_\_\_

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Number of copies desired \_\_\_\_\_

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