



Tel: 706-542-3773

Walk-a-Weigh Makes a Difference

Walk-a-Weigh is a proven weight control program that has over 30 lessons that can be offered as weekly sessions. People learn strategies for making better food choices, dealing with temptation and becoming more active.



The lessons are very interactive and fun and promote group solidarity.



The University of Georgia Cooperative Extension

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The Walk-a-Weigh Program



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

Walk-a-Weigh is an award-winning weight control program from the University of Georgia Cooperative Extension. Since 1998, this program has been improved and updated regularly so that it reflects the most current evidence on weight control.



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

The lessons are designed for individuals who need to learn how to improve their eating habits and become more active. It also teaches how to deal with environmental barriers to weight loss.

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.

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 program is designed for weekly sessions over 8-12 weeks, with better outcomes with greater number of weeks.

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



To order the curriculum — \$20

Unfortunately we only accept checks made out to the **University of Georgia**. We cannot accept purchase orders or credit cards.

Each flash drive copy has the complete curriculum with all supporting materials. We ask that you purchase one copy per individual site where the program will be delivered

If you need an invoice to get a check cut, please contact Elizabeth Carroll at ecarroll@uga.edu or 706-542-3773.

Name: _____

Address: _____

Number of copies desired _____

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Email: _____

Please include the following order blank with your check for \$20.

Send to Alison C. Berg, PhD, RD, LD
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