

# Weight Loss/Weight Management Course Agenda

7:45 a.m.–8:00 a.m. REGISTRATION

8:00 a.m.–4:00 p.m. The course begins at 8:00 a.m. and adjourns at 4:00 p.m. Lunch (on own) is from 12:00 a.m.–12:50 p.m. Certificates are distributed upon course completion (full attendance required & ALL participants must complete a course evaluation).

## Section 1: Acquiring the tools to begin a successful weight loss/weight management program.

Topics to be discussed include:

- Carbohydrates – what are "good" carbs and "bad" carbs.
- Dietary fiber – tools for increasing the fiber in the diet to aid in appetite control.
- Dietary fats – understanding the different types of fats and learning how to get more omega-3 fatty acids in the diet.
- Protein – determining the right amount to have in your diet and the best sources for optimal health.
- How calories work for weight loss and how to begin to modify the diet to see weight loss.
- A review of current diet options and the science behind them.
- Section 1 Lab

## Section 2: Navigating your way through the grocery store

Topics to be discussed include:

- Reading a nutrition label: Understanding what the Nutrition Facts Panel really means.
- Key ingredients to watch out for and how they can impact your health.
- An aisle by aisle guide of what to look for in a grocery store. Learn which are the best foods to buy and what are the less expensive choices.
- Section 2 Lab

## Section 3: Planning meals & Dining out

Topics to be discussed include:

- Success comes when we know how to make smart food choices. Learn how to plan healthy meals that do not take lots of time or numerous ingredients.
- Learn how to modify any recipe to make it healthier and/or more cost effective.
- How to eat out at any restaurant and still eat healthy.
- Section 3 Lab

## Section 4: Designing an exercise plan that meets your lifestyle

Topics to be discussed include:

- Setting up an aerobic exercise program that meets your fitness goals.
- How to design your own strength training program. Sample programs will be provided.
- Designing a home based exercise program. Sample programs will be provided.
- Section 4 Lab

## Section 5: Nutritional needs for the diabetic patient, cardiovascular patient and weight loss goals for the overweight/obese child

Topics to be discussed include:

- Nutritional recommendations for managing glucose and insulin levels. Sample menu ideas will be provided.
- Nutritional recommendations for the cardiovascular patient. Sample menu ideas will be provided.
- Nutritional goals for overweight/obese children. Guidelines for weight loss/weight management for children will be provided.
- Section 5 Lab

## Section 6: How to enjoy the holidays without gaining weight & a look at the dietary supplement industry

Topics to be discussed include:

- The holiday eating guide - tools for enjoying the holidays without gaining weight.
- Holiday recipe ideas and modifications.
- Weight loss products - how they work and are they effective? A detailed guide to the supplement industry is provided.
- Section 6 Lab