Syllabus

The Ins and Outs of Diet and Exercise: A New You in 2019

Week 1: Introductions and Direction of course: Lifelong process

- What is health and how do we measure it
- What is Obesity and how we measure it?
- Why do you eat? What do you want to change? Discussion

Setting and keeping track of goals: What are your goals for this class? What are your personal healthy weight goals? Bring next week

Week 2: Making a plan and following it

- Changing habits. You pick 2!
- Keeping track: food diary, exercise diary/calendar:
- Stages of change
- Food: Portion sizes and activity
- Label reading and activity

Week 3: All those pesky diets: which one(s) is/are the best?

- What’s the craziest diet you’ve ever tried? What diet do you follow now?
- How our bodies work: hormones, fat storage, protein and muscle, carbohydrate and energy, digestion (Nutrition Video)
- How much should we eat? Why? What foods should we consume? Which should we avoid? Losing fast or slow. Discussion
- Review of current diets: paleo, gluten free, low carb, low fat, high protein, keto, others
Week 4: Move More Sit Less: The Value of Exercise
   Guest speaker: What exercises are best, how much, how often, how hard?
   Programs/gyms/equipment
   Activity challenge and planning

Week 5: Being present—Eating mindfully
   What is mindful eating?
   What does the research show?
   Taste activity (savory cracker/chocolate)
   Slowing down and enjoying the moment
   Videos/guest speaker?
   Body image—what is the best part of your body and why? A look in the mirror—what do you see? Discussion.

Week 6: Tools you can Use
   My plate
   My Fitness Pal and more
   Supplements and herbs/reputable resources
   The SCALE: To weigh or not to weigh that is the question!
   Sue and Anne share more helpful tricks of the trade

Week 7: Cook or make reservations—Eating for Health
   Eating out—tricks to try. Menu activity. Discussion.
   Cooking for health--Mayo Clinic Video on cooking
   Special occasions/holidays and other challenges
   Group activity: help each other make a plan, discuss obstacles
   Food prep/taste demo: altering recipes (bring some in)
Week 8: Wrapping it up

Revisit goals: How did you do?

Revisit Stages of Change. Have you moved?

Group activity: What worked? What obstacles did you have?

Managing cravings, plateaus, relapse and other bumps in the road

Weight maintenance: Looking at the future—planning for a life time

Resources