



wellness @ work

UNC HEALTH CARE | FAMILY MEDICINE

TOWN OF CHAPEL HILL

SIGN UP TODAY!

Contact Liska Lackey to enroll in the program at llackey@email.unc.edu or (919)-968-2796.

For detailed program information contact Lana Nasrallah at lamia.nasrallah@unchealth.unc.edu or (919) 974-4250



**WORK YOUR WEIGH
TO WELLNESS**

WORK YOUR WEIGH TO WELLNESS

Program Description

Work Your Weigh to Wellness is designed to help you achieve your weight loss goals through a 12-week multidimensional program utilizing a non-diet approach and geared towards improving your dietary and lifestyle habits.

The program offers weekly classes covering nutrition, physical activity, and lifestyle modification led by the Wellness@Work Dietitian/Nutritionist.



Dates

Orientation on April 3 at 12:00 PM
Classes meet Wednesdays from
12:00 -1:00 PM, April 10 through June 26

Location

Hargraves Community Center

Program Highlights

Learning: Weekly education on essential nutrition topics, healthy eating habits and physical activity guidelines.

Goal setting: Identifying wellness goals and weekly goal setting.

Accountability: Weekly weigh-in and follow-up on goals.

Assessment: Pre- and post-assessment on individual eating habits and weight changes.

Group support: Group discussions encouraging peer motivation and support.

Online platforms: Food and exercise tracking applications and virtual weight loss support network.

Program Outline

Session	Topic	Objectives
--	Orientation	Reviewing Work Your Weigh to Wellness program framework Assessing your dietary habits Setting your goals the SMART way
1	Nutrition Essentials	Meeting the main macros - carbohydrate, protein and fat Discussing heart healthy nutrients – omega 3 and fiber
2	Dish Up a Healthful Plate	Learning how to build a healthy balanced meal
3	Weighing Calorie Needs	Knowing what it takes to lose weight Setting calorie goals Tracking food & activity
4	Calories Count	Making carbs count Losing the fat, not the flavor Taking control of portions
5	Become a Protein Pro	Getting the right amount of protein every day Becoming protein savvy
6	Food Labels Simplified	Focusing on the food facts that matter most in losing weight
7	Scrap the Sugar & Salt	Discovering sugar isn't so sweet Learning how much sodium is too much
8	Nutritious Substitutions	Get cooking the healthy way Make healthy swaps
9	Wholesome Shopping	Shopping smart for better health Stocking good-for-you pantry
10	Eating Well Away from Home	Healthy eating on the go Preparing for temptations
11	Balancing Thoughts & Triggers	Managing negative and self-defeating thoughts Coping with triggers
12	Next Steps	Staying motivated and building support Celebrating success