

Table of Contents

Lesson 1: Nutrition	5
Your Journey	5
Diet	7
Choose My Plate	8
Five Important Food Groups	9
Realistic Expectations	11
Quick Tips for Weight Loss and Maintenance	12
Housekeeping	14
What I Learned	15
Food Diary	16
My Exercise Plan	17
Lesson 2: Nutrition II	19
Food Labels	20
Food Substitutes	22
Expectations	23
Reflections	24
Housekeeping	25
Food Diary	26
What I Learned	27
My Exercise Plan	28
Lesson 3: Exercise	29
Benefits of Exercise	30
F.I.T.S	31
Safety	32
Body Mass Index	33
Metabolism	34
Housekeeping	35
Food Diary	36
What I Learned	37
My Exercise Plan	38

Lesson 4: Stress & Pain Management 39

What is stress?	40
Relaxation	40
Healthy Stress-Free & Pain-Free Living	42
Housekeeping	43
What I Learned	44
Food Diary	45
My Exercise Plan	46

Lesson 5: Changes in Thinking 47

Self-Statements	48
Steps to Healthy Thoughts and Feelings	49
Housekeeping	50
What I Learned	51
Food Diary	52
My Exercise Plan	53

Lesson 6: Communication Styles 55

Expressing Yourself	56
Communication Styles Definitions	57
Characteristics of Assertive Behavior	59
Housekeeping	62
What I Learned	63
Food Diary	64
My Exercise Plan	65

Lesson 7: Complications of Obesity 67

Diabetes	68
Heart Disease	69
Stroke	69
Cancer	71
Other Diseases and Problems	71
Housekeeping	73
What I Learned	74
Food Diary	75
My Exercise Plan	76

Lesson 8: Behavior Management 77

Behavior Management	78
The ABC's of Behavior Change	79
Self-Monitoring	81
Health Behavior Inventory	82
Relapse Prevention	84
Problem Behaviors	87
Social Support	88
Weight Loss	89
Weight Maintenance	89
Housekeeping	92
What I Learned	93
Food Diary	94
My Exercise Plan	95