



Eat Smart, Move More, Weigh Less is a weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors. The program can be offered to worksites and other groups interested in eating smart, moving more and achieving a healthy weight.

Lesson Titles

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| 1. Introduction | 10. Eat Less Fast Food |
| 2. Make Your Commitment | 11. Move Strong |
| 3. Re-Think Your Drink | 12. Enjoy More Fruits |
| 4. Eat Fewer Calories | 13. Start Smart |
| 5. Move More | 14. Move Forward |
| 6. Check the Facts | 15. Keep Your Commitment |
| 7. Enjoy More Vegetables | 16. Eat Out Less |
| 8. Right-Size Your Portions | 17. Tame the Tube |
| 9. Plan, Shop, Fix and Eat | 18. Pack Smart Lunches |
| | 19. Enjoy More Whole Grains |

Each lesson includes:

- In-depth information about why the behavior is important for weight loss and weight maintenance
- Strategies for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family—
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week
- Time for each participant to assess body weight in a non-public setting



Each participant receives:

- **Eat Smart Move More, Weigh Less Magazine**—a full-color magazine that contains the most salient points from each lesson, recipes and more.
- **Eat Smart, Move More, Weigh Less Journal**—a small booklet that helps participants keep track of their weight, food eaten and physical activity.
- **Invitation to participate in the Eat Smart, Move More—Maintain, Don't Gain Holiday Challenge**—a campaign that encourages participants to maintain their weight during the busy holiday season. The Holiday Challenge helps participants learn how to enjoy the holidays without adding extra pounds.

