

ONLINE PROGRAM HEALTHY WEIGHT

by Design

Healthy Weight by Design is a virtual 18-week group weight loss program. This program emphasizes long-term weight loss with a focus on healthy eating and physical activity to prevent or delay chronic diseases and promote better health.

The first group session is an orientation that explains the program in more detail and outlines expectations. After attending the program orientation, here is what to expect for the next 17 classes:

- A collaborative and supportive environment to learn and apply healthier lifestyle habits.
- Peer support from the group and the instructor to help motivate and keep you accountable while making healthier eating and physical activity choices.
- Support and feedback to help keep you accountable for tracking your food, physical activity, and weight each week.

- ▶ Must be 18 years or older to register
- ▶ No co-pay or additional cost for Kaiser Permanente members to participate

GOALS AND EXPECTATIONS:

- Attend orientation (required to continue in program) and no more than five missed classes.
- Aim for a 4% weight loss by the end of the program.
- Daily and weekly tracking of food intake and physical activity as well as a weekly weigh-in to be submitted to the class instructor.
- Weekly goal setting and completion of assigned homework after each lesson.

Scan the QR code to view the current availability and add your information to the registration list:



bit.ly/HBDregister