

Lifestyle Choices for Healthy Weight Management

Extension programming focuses on behavior change and nowhere is changing behaviors more important than in developing healthy lifestyles. Helping families learn more so they can develop nutritious eating habits and incorporate physical activity into daily life can lead to weight reduction, healthier lifestyles and prevention of chronic disease.

To aid families in developing healthy lifelong habits, which promote weight loss and weight management, a lesson series is available. The series will include the following workshops which can be tailored to meet the needs of any group.

- How to Achieve a Healthy Body Weight
- What We Should Know About Healthy Eating
- Meal Planning: A Tool for Managing Weight
- The Diet and Exercise Connection
- Making Healthy Choices When Eating Out
- Making Changes that Last a Lifetime
- Other classes may be offered as requested

Each workshop includes:

GOAL SETTING, TIME FOR REFLECTION,
IDEA SHARING AND RECIPES

If you would like to find out more contact:

Dana Tarter
Tarrant County Extension Agent
Nutrition and Health
(817)884.1294
d-tarter@tamu.edu