

# Well-being and Weight Loss from the Inside Out

A Possible Class Format by Bob Wilson BS, DTR  
Using *Playbook* and Website

## Weeks:

1. **Week 1:** Introduction—try on a new view: Set the stage for your journey, Create an inspiring purpose, Dieting vs. health approach, Stages of Change, how to become your own lifestyle self-manager, PLAYBOOK materials, Assignment for self-discovery that is supported by e-mail follow-up (coaching summary\*\*) and e-mail (or phone) buddies
2. **Week 2:** Are you ready? Set your intention. Become your own lifestyle self-manager. What are your biggest areas of challenge or difficulty? Factors that influence you? What do you want to explore? Learn self-management skills through lifestyle diary keeping. Beginning new steps towards a healthier eating style and life: Create a new life and a new you, week-by-week, step-by-step.
3. **Week 3:** Pyramid power—heal your body with healthy foods: Begin a plan for life! Learn to tune within yourself for your answers to challenges you face.
4. **Week 4:** Get vertical as you give your toosh a push! Explore your barriers and solutions for creating a more active lifestyle.
5. **Week 5:** Time for you! Life balance and Stress management and “It all adds up or down” life-balance activity sheet. Learn how to simplify your life and restore yourself in wholesome ways.
6. **Week 6:** Set your various environments up to support your success. Discover how to master menu planning for busy lives and nibble on nutritious snacks for increased friskiness!
7. **Week 7:** Why do you eat, is it really hunger? What influences your food choices? Explore healthy reasons to eat and self-destructive reasons to eat. Explore tools to help you develop your own personal eating and lifestyle plan.
8. **Week 8:** self-talk, self-esteem, and self-nurturing (investigate personal rewards and ways to acknowledge you without using food). Discover how to create an unconditional friendship with yourself.
9. **Week 9:** Eating and life awareness training (slowing your life and eating speed)--bring a lunch or a snack to "eat mindfully". Learn to eat with more awareness and pleasure.
10. **Week 10:** Self-evaluation & looking back and ahead: Your future is created by today's choices. You select your next steps! What kinds of support will help you keep on track? Develop your own maintenance schedule.

## Optional topics: Resources, questions, future plans???

### There are other topics that we wouldn't have time to cover (in 50-minute format):

recovering from setbacks, emotional eating, how to effectively manage social gatherings and going out to eat, (holidays, vacations, and special occasions), exploring overwhelming life experiences, getting the support you need to be successful, maintaining a healthy weight, 12-step programs, and record keeping revisited. These are all discussed on [www.balancedweightmanagement.com](http://www.balancedweightmanagement.com)

### These topics could be added as additional topics or sessions, or referred to sections of the Essential Skills of Balanced Weight Management.com

\*\*Tailored lifestyle coaching message summaries (and appropriate information or resource links) could be generated to address a variety of typical needs.

## Lighter and Free from the Inside Out Possible formats

### Weekly format:

- Whole-group sharing check-in (about 10 minutes). Share one thing that you did to increase your health and well-being. Did you experience any challenges? What did you learn from what you experienced?
- Then small-group check-in for 15 minutes
- Weekly content topics
- Then a goal setting time in small groups.
- End with a one-minute inspirational message!
- Total time about 50 minutes.

### Possible Timing of 50-minute

10-minute check in (How did it go? Successes? Challenges?)  
30-minute topic content  
10-minute check out (setting and sharing small steps)

### OR to 120-minute Group

10-minute check in (How did it go? Share one thing that you did to increase your health and well-being. Did you experience any challenges? What did you learn from what you experienced?)

- Then small-group check-in for 15 minutes

30-minute topic content  
10-minute BREAK  
45-minute topic content  
10-minute check out (setting and sharing small steps)

**Please note:** I will gladly share assistance and support in designing a tailored curriculum to best meet your individual client needs.