

A New Way to Achieve Your New Year's Goal, *Eat Smart Move More, Weigh Less* will be Offered in Craven County

(New Bern, NC)- Making a new year's resolution to eat less, exercise more and lose some weight? Craven County Cooperative Extension and the Craven County Health Department have just the program for you!

Eat Smart, Move More, Weigh Less, a new weight management program developed by NC Cooperative Extension and the NC Division of Public Health, will be offered in Craven County starting on February 5, 2008 at the West New Bern Parks and Recreation Center. To find out more information, contact Kelly Canupp, Family and Consumer Sciences Agent at 252-633-1477 for details.

Eat Smart, Move More, Weigh Less 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. Family and Consumer Sciences Agents with Cooperative Extension and Wellness Dietitians with local Health Departments are offering the program.

Eat Smart, Move More, Weigh Less is part of the *Eat Smart, Move More NC* movement to increase opportunities for healthy eating and physical activity wherever North Carolinians live, learn, earn, play, and pray. Find out more at www.EatSmartMoveMoreNC.com

**Submitted by:
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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.

