

# Real Solutions

## WEIGHT MANAGEMENT SUPPORT



**Are you ready to begin and sustain a healthy lifestyle?**

Then join our weight management support group,  
*Real Solutions.*

**Thursdays,  
Starting August 1, 2019**

**1:30pm - 2:30pm**

**CAIR | Lake Superior  
Conference Room**

This group meets weekly for an hour-long session in a casual group setting. A registered dietitian (RD) will lead each week's discussion. A fitness trainer will lead a short exercise demonstration. We will talk about strategies to make positive lifestyle changes a lasting reality for you. There will be group discussion, food demonstrations, and time to share ideas. Participants explore their unique habits, gain skills to overcome barriers to weight loss and get tools for changing diet and lifestyle. The small group setting provides a supportive and encouraging atmosphere.

The program will follow the *Real Solutions Weight Loss Workbook*, by Toni Piechota, MS, MPH, RD. It provides practical guidance for behavior changes including:

- Self-monitoring of hunger and intake
- Mindful eating
- Realistic goal setting
- Creating a supportive environment
- Portion control
- Helpful tips for eating away from home
- How attitude can affect weight loss
- Information about body image and weight maintenance

**To register:  
Barb @ 218-878-2141**



Must meet program eligibility requirements.  
Fond du Lac Human Services Division | Diabetes Program