

# Adult Weight Management Tier 1

## What can I expect to learn?

### Class 1.1: Understanding Weight and Health

- Weight and obesity as a chronic condition
- How weight and health affect each other
- Physical activity planning

### Class 1.2: Nutrition: Eating Well for Weight & Health

- How to use a food journal as a helpful tool for behaviour change
- Where calories come from and factors that influence our caloric needs
- Healthy food and drink choices for weight and health

### Class 1.3: Making a Change: Building Habits

- Explore health habits and motivation for change
- Environmental and stimuli recognition and control

## How many parts are there to this class?

- 3 sessions, 2 hours and 30 minutes each

## How is this class being offered?

- Over Zoom

## Who can register for this class?

- Adults and/or their caregivers living anywhere in Alberta

## How can I register for this class?

- Phone us at 1-877-349-5711 or visit us on our [website](#) to view our class schedule or register.