



## 12 More Lessons of Wellness and Weight Loss: Everything You Need to Conduct a Year-Long Weight Loss Program and Curriculum for General Adult Audiences. by Food and Health Communications.

By Judy Doherty

Createspace, United States, 2011. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Now you can finally have a complete weight loss program or contest for your employees or clients for a whole year. We have included every topic they will need to be a loser. Putting a goal like weight loss into 12 easy lessons is a winning idea for you, your employees and clients. Lesson programs with multiple lessons put your attendees in the habit of coming back to class for your knowledge and support. Group programs can make weight loss education more affordable for individuals and at the same time bring more money into your practice. If you are an employee-based facility, having a program for everyone promotes teamwork and success! This 12 lesson plan for weight loss breaks a difficult goal into 12 easy lessons that are relevant for today's consumer. There are 12 lessons and they are flexible - teach one per day, one per week, one more month - any way you like. All lessons follow the Dietary Guidelines for Americans and are kept up to date - you can ask for updated files...



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