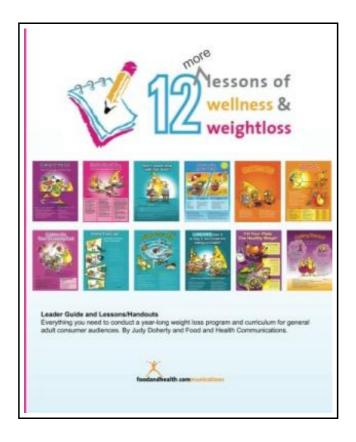
12 More Lessons of Wellness and Weight Loss: Everything You Need to Conduct a Year-Long Weight Loss Program and Curriculum for General Adult Audiences. by Food and Health Communications.



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Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me).

(Lorenz Vandervort)

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.



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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 anytime. Lessons are made for today s time-pressed consumer who often has very rich food choices everywhere - fast food, coffee shops, the snack cart, parties, grocery stores, gas stations and more. Food log lessons by Victoria Shanta Retelny, MS, RD. Lesson 13 - Getting Started - whoa! Let s make realistic goals and learn to focus on the right ones - now we are on our way! Lesson 14 - Home Exercise you can burn a lot of calories right in your own home; now you will have no excuse! Lesson 15 - Shopping Light - start right...

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