



Health Coach Program : Weight Management for a Healthier Workforce

(HRDC Program No. 10001516740)



Learning Objectives

Upon completion of this training course, you will be able to:

- 1 Explain the link between weight management, employee productivity and workplace wellness.
- 2 Implement practical and engaging nutrition strategies in the workplace.
- 3 Design a sustainable weight management plan that supports long term workplace wellness initiatives.

This course is designed to empower participants with practical, science-backed strategies for effective weight management in the workplace. By incorporating case studies, real-world applications, and hands-on activities, this session will enhance workplace wellness, boost productivity, and foster sustainable lifestyle habits among employees. Participants will gain a deeper understanding of weight management challenges and solutions tailored for the modern workforce.

- Module 1: Foundations of Weight Management
- Module 2: Nutrition Strategies for Weight Loss
- Module 3: Physical Activity
- Module 4: Personalized Weight Management Plan



WHO SHOULD ATTEND?

Employees, Team Leaders, Managers, HR Professionals, Decision Makers, Wellnes Advocate



DURATION	4 Hours
PROGRAM FEE	RM6,000

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The Learn Program For Weight Management

J. Kevin Thompson



The Learn Program For Weight Management:

The Learn Program for Weight Management Kelly D. Brownell,2003-10-01 The LEARN Program for Weight Management now in its 10th edition represents more than 25 years of research and clinical experience by one of the world's leading experts in the field The LEARN Program is a step by step approach to weight loss and weight management that teaches program participants key weight management principles Students of LEARN gain empowerment to make lifestyle changes by learning to set realistic achievable goals making informed choices and developing new skills to counter today's environmental pressures to overeat and be physically inactive Written with just the right amount of wit and humor the 10th edition of The LEARN Program is a collage of masterfully designed illustrations photographs cartoons worksheets monitoring forms tables and charts The manual is designed to be used as a self help program in a one on one counseling setting or in group counseling

The Learn Program for Weight Control Kelly D. Brownell,1988 *Handbook of Obesity Treatment* Thomas A. Wadden,Albert J. Stunkard,2004-07-01 The contemporary successor to the editors earlier Obesity Theory and Therapy this comprehensive handbook guides mental health medical and allied health professionals through the process of planning and delivering individualized treatment services for those seeking help for obesity Concise extensively referenced chapters present foundational knowledge and review the full range of widely used interventions including self help behavioral and cognitive behavioral approaches pharmacotherapy and surgery Provided are state of the art guidelines for assessing obese individuals for health risks and for mood and eating disorders treatment algorithms for tailoring interventions to the severity of the client's problem details on adjunctive interventions for improving body image and self esteem recommendations for working with child clients and much more

The Learn Program for Weight Management Kelly D. Brownell,2000 **The LEARN Program for Weight Control** Kelly D. Brownell,1991 The LEARN Program for Weight Management American Health Publishing Company,2000-01-01 **The LEARN Program for Weight Management** American Health Publishing Company,2001-01-01 The Metabolic Syndrome and Obesity George A. Bray,2008-01-23 Thirty years ago I published my first monograph on obesity Bray 1976 Many things have changed in these 30 years but many have remained the same Preparation of The Metabolic Syndrome and Obesity has given me a chance to survey the changes to the field and to present an update of the scientific information In retrospect I conclude that a major component of the current epidemic of overweight is not medical not genetic not psychological and will not be effectively treated by lifestyle changes that require individual choices We are all influenced by the prices of the goods we buy With the reduction in food prices and distortion of commercially profitable products resulting from federal subsidies of corn sugar and rice the food industry has been able to produce cheap good tasting energy dense foods and can sell them cheaply in large portion sizes In contrast foods like fruits and vegetables receive little in the way of subsidies and are thus more expensive thus we buy less Providing more healthy food alternatives as some advocate will put items with higher costs on the shelves

and is in my view unlikely to alter consumer choices as long as good tasting energy dense foods remain cheap

HISTORICAL CONTEXT FOR OBESITY Obesity was already a problem before my first monograph was published Between the writing of that monograph and *The Metabolic Syndrome and Obesity* I was fortunate enough to find a short book in French written by an American from Cincinnati named Worthington

Advanced Nutrition and Dietetics in Obesity Catherine Hankey, 2018-02-05 This addition to the British Dietetic Association Advanced Nutrition and Dietetics book series is written for clinicians and researchers who work with any aspect of obesity and its comorbid conditions Featuring contributions from leading researchers and practitioners from around the globe Advanced Nutrition and Dietetics in Obesity offers a uniquely international perspective on what has become a worldwide public health crisis Chapters cover a full range of new ideas and research on the underlying drivers of obesity in populations including discussions on the genetic and clinical aspects of obesity along with expert recommendations on how to effectively manage and prevent this chronic and persistent disease Providing a comprehensive overview of the key literature in this field Advanced Nutrition and Dietetics in Obesity is an invaluable resource for all those whose work should or does embrace any aspect of obesity

Evidence-Based Treatment Planning for Eating Disorders and Obesity Facilitators Guide Timothy J. Bruce, David J. Berghuis, 2012-05-22 This DVD Facilitator's Guide to the Evidence Based Treatment Planning for Eating Disorders and Obesity DVD sold separately is designed to help teachers or trainers conduct lectures or training sessions on the content of the DVD The guide follows each section of the DVD providing succinct summaries of key section content section review test questions and answers and test questions and answers covering key concepts The DVD Companion Workbook and Facilitator's Guide are designed so that instructors can cover only the content of the DVD or springboard into further coverage of any of the concepts Designed to be used in conjunction with the DVD and its Companion Workbook this guide includes Summary highlights of content shown in the DVD Chapter review questions and answers summarizing key concepts Test questions and answers on selected chapter concepts Optional topics for further discussion with talking points Scripts and critiques of the role played scenarios demonstrating selected aspects of the ESTs References to empirical support clinical resources and training opportunities for the treatments discussed Online links to client homework exercises consistent with the therapeutic techniques described and demonstrated Explanations of correct and incorrect answers to the test style questions from each chapter

The LEARN Program for Weight Management 2000 Kelly D. Brownell, 2000

The LEARN Program for Weight Control Kelly D. Brownell, 1998-10-01

The LEARN Program for Weight Control, 1987 *Nutrition and Obesity* Alexandra Kazaks, Judith S. Stern, 2013 Provides an up to date scientifically accurate study of the causes consequences and potential of individual and public responses to the serious health issue of obesity Presents major concepts about obesity including health risks energy balance eating behaviours the biology of hunger and satiety and pharmacotherapy and surgery as treatment

The LEARN Program for Weight Control Kelly D. Brownell, Thomas A. Wadden, 2001-01-01

Handbook of Eating

Disorders and Obesity J. Kevin Thompson, 2004 Special coverage addresses cosmetic surgery and cosmetic medical treatments how the media influences eating disorders weight and shape concerns of boys and men cross cultural aspects of eating disorders child sexual abuse and eating disorders and a feminist approach to eating disorders Book cover *The LEARN Program for Weight Control* Kelly D. Brownell, 1987 Weight Loss Through Persistence Daniel S. Kirschenbaum, 1994 Successful weight control isn't simply the result of any practical diet plan or exercise program it's tied to the fact that regardless of the method they choose people who doggedly persist in pursuing their goal to slim down are more likely to achieve it The key is to survive the phases one goes through when losing weight **Prevention's Lose Weight Guidebook, 1991** Mark Bricklin, Claudia Kay Allen, 1991 *Managing Obesity* Gary D. Foster, Cathy Nonas, 2004 Provides the dietitian nurse practitioner physician exercise specialist physical therapist psychologist social worker or other health professional with a practical resource on obesity integrating theory and practice and focusing on team communication Addresses the assessment of overweight and obese patients clinical monitoring helping patients change behavior gastric bypass surgery and pharmacotherapy Includes plentiful brief integrated case studies throughout Annotation 2004 Book News Inc Portland OR booknews.com

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