



# 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



<b>DURATION</b>	<b>4 Hours</b>
<b>PROGRAM FEE</b>	<b>RM6,000</b>

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# The Learn Program For Weight Management

**George A. Bray**



## **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.

[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 Control** Kelly D. Brownell, Thomas A. Wadden, LEARN Education Center, 1998

**The Learn Program for Weight Control** Kelly D. Brownell, 1988

**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 [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 [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 [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 Management](#) American Health Publishing Company, 2000-01-01 [The LEARN Program for Weight Management](#) 2000 Kelly D. Brownell, 2000 [The LEARN Program for Weight Management](#) Kelly D. Brownell, 2000-01-01 [The LEARN Program for Weight Management](#) American Health Publishing Company, 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 **Journal of Rehabilitation Research & Development** ,2010 **The LEARN Program for Weight Control** Kelly D. Brownell,1998-10-01 **Magill's Medical Guide** ,2002 This reference to medical conditions and treatments updates the scientific information current trends and developments in the field of medicine **The Behavior Therapist** ,2005 **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 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 **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** American College of Sports Medicine,Jeffrey L. Roitman,2001 This complementary book to ACSM's Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM's Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, **The Learn Program For Weight Management** . This educational ebook, conveniently sized in PDF ( PDF Size: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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### **The Learn Program For Weight Management Introduction**

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