

# LOSE TO WIN

Summer 2020 Schedule

Tuesdays, 11:30 a.m. - 1 p.m. via Zoom

Call Health Education at (907) 729-2689 to sign up.

## June 30:

### **Welcome and Introduction:**

Overview of upcoming lessons focused on support, respect, and cultural approaches to a healthy lifestyle journey in LOSE TO WIN!

## July 7:

### **Get Support, Eat Well, and Track Your Food:**

Set action plans to involve family, friends, and co-workers and learn how it can support you.  
Learn the core principles of healthy eating.  
Learn how to record the foods you eat and the importance of how you feel when you eat.

## July 14:

### **Keep Your Heart Healthy and Prevent Type II Diabetes:**

Learn how to build a healthy meal with colorful, wholesome foods.  
Learn how to read food labels and marketing deception in the grocery store.

## July 21:

### **Get Active and Track Your Activity:**

Identify benefits of being active and how to find the time, as well as how to record your activities in your fitness log.

## July 28:

### **Eat Well Away from Home:**

Identify challenges of staying active away from home and ways to cope with them.  
Identify ways to incorporate traditional foods into your diet.

## Aug. 4:

### **Manage Stress and Cope with Triggers:**

Recognize the difference between harmful and helpful thoughts.  
Identify unhealthy food shopping triggers and ways to cope with them.

## Aug. 11:

### **Find Time for Fitness and Stay Active Away from Home:**

Identify the challenges of staying active away from home and ways to cope with them.

## Aug. 18:

### **Weight Loss Stalls and Getting Enough Sleep:**

Learn why weight loss stalls, and how you can start losing weight again.  
Learn why sleep matters in your overall health.

## Aug. 25:

### **Have Healthy Foods You Enjoy and Stay Motivated:**

Reflect on your progress and how you can keep making positive changes over the next six months.  
Discuss ways to realign yourself with your goals after going off course.  
Set goals for the next six months.

## Sept. 1:

### **Lose to Celebration and Sharing Stories:**

Help support participants by sharing your stories and learn from each other's experiences.  
Learn new healthy recipes for wholesome and nutritious celebration foods.

**Meeting ID:** 987 2163 4738

**Password:** HealthEd

## Join a Zoom Meeting:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select "Join a Meeting" in the top left corner of the screen.
3. Enter 987 2163 4738 for the meeting ID.
4. Enter the meeting password: HealthEd
5. Connect!