



It's easy with free Online Group Coaching

Join these fun health programs right from your computer



The Weight Is Over: How to start managing your weight and living well today

- Learn helpful tips for living well and feeling better
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

This program is a 6 week series. Attend all 6 classes and you will be entered into a sweepstakes drawing for a \$100 Amazon e-gift card.

Sign up at MyActiveHealth.com/AlaskaCare for a free program.
Starting Wednesday, September 23rd at 12pm. Space is limited.

See other side for sign up instructions and class descriptions

Ready to start getting healthy?

1. Click on this link :
[Registration for "The Weight Is Over"](#)
2. Enter your registration information and click on register.
3. Check your email for your registration confirmation email.
4. See you in class on September 23!



Program details:

WEEK 1

Why Weight? How to eat better and start losing weight.

An overview of weight management and the benefits of watching your weight. You'll learn all about sources of energy, including carbohydrates, fats and proteins.

WEEK 2

The balancing act nutrition and exercise

Why balancing your diet is good for your health--and how the "MyPlate" food guide can help. You'll learn the advantages of being active and how to assess your activity goals and levels.

WEEK 3

Daily living: Building healthy habits every day

We'll talk about how to make physical activity an important part of your daily life. You'll learn how healthy eating and physical activity can work together to help.

WEEK 4

On the go: Tips for grocery shopping and dining out

Helpful tips for grocery shopping and eating healthy when away from home. We'll also discuss the importance of mindful eating strategies for managing your weight.

WEEK 5

Yes, you can! Taming temptations and thinking positive

Keys to identifying the triggers for eating and physical activity behaviors. You'll also learn how negative thoughts influence your behavior--and how to stop them.

WEEK 6

On top for your life: Managing stress and staying motivated

A discussion of coping strategies, and how stress can affect lifestyle behaviors. We'll review key points from this series and talk about managing your weight for the long-term.

Online Group Coaching

It's free. It's easy. And it just may change your life.

