



**Eat Smart | Move More**  
**Weigh Less**



**Eat Smart, Move More, Weigh Less** (ESMMWL) is a 15-week weight-management program that uses strategies proven to work. ESMMWL uses the Theory of Planned Behavior. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors. The program can be offered to worksites and other groups interested in eating smart, moving more and achieving a healthy weight. A team of interagency nutrition and physical activity professionals created ESMMWL.



## Lesson Titles

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1. Introduction                     | 9. Plan, Shop, Fix and Eat |
| 2. Make Your Commitment             | 10. Eat Out Less           |
| 3. Re-Think Your Drink              | 11. Move Strong            |
| 4. Eat Fewer Calories               | 12. Start Smart            |
| 5. Move More                        | 13. Tame the Tube          |
| 6. Check the Facts                  | 14. Pack Smart Lunches     |
| 7. Enjoy More Fruits and Vegetables | 15. Keep Your Commitment   |
| 8. Right-Size Your Portions         |                            |

## Each lesson includes:

- In-depth information about why the behavior is important for weight loss and weight maintenance
- Strategies for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Instructor Materials

**Curriculum** \_\_\_\_\_ curriculum @ \$200 each \_\_\_\_\_ (total)  
*Eat Smart, Move More, Weigh Less* curriculum includes hard copy of curriculum in 2 binders and CD with all electronic files.

## Participant Materials

**Magazine** \_\_\_\_\_ packs of 10 copies @ \$50 per pack \_\_\_\_\_ (total)  
*Eat Smart, Move More, Weigh Less Magazine*, a full-color magazine that contains the most salient points from each lesson, recipes, sample strength and stretching routines, and more.

**Journal** \_\_\_\_\_ packs of 10 copies @ \$20 per pack \_\_\_\_\_ (total)  
*Eat Smart, Move More, Weigh Less Journal*, a small booklet that helps participants keep track of their weight, food eaten and physical activity.

*All prices include shipping and handling.*

**Make checks payable to NCSU, and mail, email, or FAX this form to:**

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**Order total** \_\_\_\_\_

Check is enclosed

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