

SOLUTIONS FOR WELLNESS: WANT TO CUT 100 CALORIES A DAY THE SMART WAY?

Adult Rehabilitation Mental Health Services Class Schedule

Overview

Learn how to drop 100 calories a day from your diet in order to lose weight. Learn a small changes approach to healthier eating. It takes about 3500 calories to make up one pound of fat. If you can cut your calories by at least 100 a day you will lose about a pound of fat per month. This may not seem like much, but over the period of one year, you can lose 10-12 pounds by simply making very small changes in your diet and exercise.

Objectives

Objectives for the class include:

- Identify at least 1 health risk associated with being overweight or obese
- Identify at least 1 small healthy step you could add to your daily eating habits
- Learn 15 ways to cut calories

Number of Sessions

A total of four classes will be offered on this topic.

Contact Information

Zumbro Valley Mental Health Center
343 Wood Lake Drive SE
Rochester, MN 55904

Marcie Dabelstein
Phone: 507-535-5768

