



FRESH START – NEW BEGINNING
Lifestyle Change Weight Loss Group
12-Week Module Descriptions
Transformation Weight Control

ABOUT THE MODULES

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MODULE 1

Everyone starts with Module 1. You'll learn all the basics of nutrition and meal planning, and behavior change strategies, to help you start losing weight.

Nutrition

You'll learn about food plans, volumetrics, portion control, and all the strategies to help keep your food plan interesting and sustainable.

Behavior

You'll progress to behavior modification techniques, evaluating timelines, strategies for remaining on plan, strategies for managing food cues and cravings, and more.

Exercise

We introduce physical activity at week 5 or 6. We'll cover how to start a movement plan if you have been sedentary, setting a weekly physical activity plan, burning fat during exercise, what it means to be fit, weekly planning and sustaining activity, resistance exercise to preserve muscle as you lose weight, and more.

General

In each module you weigh yourself every morning on the day of your group, enter it in the secure database, Rich keeps track, and sends you feedback or checks in by email every week. How many times per week to weigh will be covered at meeting 1.

We keep attendance and will contact you if you're not showing up. We don't want anyone falling through the cracks.

At the end of Module 1, you can choose to have a complementary meeting with Rich via Zoom to review your progress and determine if going on to Module 2 is right for you.

MODULE 2

We pick right up where we left off in Module 1. Whether you want to lose more weight or prevent regaining the weight you lost in Module 1, you'll continue to learn more skills and strategies for successfully continuing your journey.

Nutrition

We'll build on maintaining or changing meal plans, manipulating the diet for greater weight loss, dig deeper into the importance of nutrients and appetite regulation, timing of meals, food and metabolism, food and health, and more.

Behavior

You'll learn more sophisticated strategies for maintaining behavior change, regulating emotions, preventing lapse and recovering from them when they happen, build on self-compassion, perfectionism and resilience that you started in Module 1, maintaining momentum, procrastination, and much more.

MODULE 2 continued

Exercise

We'll continue with weekly activity plans, and move on to more sophisticated strategies for training such as interval training, combining cardio and resistance exercise, how to safely increase your physical activity level, PE 101 (all the information you should have learned in PE as a kid but didn't), health and physical activity, and more.

General

You will continue to enter your weight on the day of your group session and receive feedback from Rich, we'll continue to monitor your attendance, more strategies about how to use the group to help you, and more.

At the conclusion of Module 2, we will discuss your performance, important take-aways, and talk about where you go from here, including options that TWC has to offer to you.

Questions? Contact Rich Weil at rich@transformationweightcontrol.com

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