



**Lesson Titles:** Welcome | Navigate the Diet Maze | Control Sugar | Manage Stress  
Find Your Fitness Connection | Cook Smart | Eat More to Eat Less | Be Mindful  
Choose Healthy Fat | Get Enough Sleep | Manage Holidays | Prevent Relapse

## EAT SMART, MOVE MORE, WEIGH LESS 2:

- Builds upon strategies covered during Eat Smart, Move More, Weigh Less.
- Is a 24-week program consisting of 12 hour-long, bi-weekly lessons.
- Is delivered in an interactive and real-time online format by a live instructor.

## PARTICIPANTS WILL:

- Maintain or continue to work toward positive changes achieved during Eat Smart, Move More, Weigh Less.
- Attend class during lunchtime and evening time slots from a computer or mobile device.
- Receive support outside of class through weekly communication with instructor and peer support on Facebook Community page.

**NC STATE UNIVERSITY**



For questions about the program, please contact [administrator@esmmweighless.com](mailto:administrator@esmmweighless.com).  
To register for an upcoming class, go to [esmmweighless.com](http://esmmweighless.com).