

Group Session 1 (weeks 3-4)

Introduction

- Healthy lifestyle targets
- Readiness to change
- Goal setting
- Self-monitoring
- Dealing with lapses
- Pedometer and group walk

Group Session 2 (weeks 5-6)

Nutrition

- Healthy eating principles
- Energy balance
- Cooking and eating out
- Group resistance exercise

Group Session 3 (weeks 7-8)

Food Labels and Active Living

- Shopping & nutrition label reading
- Barriers to physical activity
- Physical activity and strategies
- Local physical activity options
- Group walk

Group Session 4 (weeks 10-12)

Eating Behaviours

- Review of changes
- Trigger to eating & behavioural management
- Social pressures
- Reshaping negative thoughts
- Maintaining changes and lapse management

Review sessions 5 & 6 (6 & 9 months)

- Review of changes and sharing of experiences
- Relapse management