



Interagency Greatest Loser Weekly Webinars 12-Week Competition February 2 – April 26, 2015



Week	Date	Time	Title	Description
1	Feb 3	12pm - 12:45pm	Set your Health Goal	Behavior change is tough but possible. This webinar will guide you on how to set a realistic health goal, overcome obstacles and create a Personal Action Plan so you can make a positive behavior change.
2	Feb 10	12pm - 12:45pm	Nutrition Basics	Healthy food choices are easier than you may think. This webinar offers an overview of healthy eating guidelines on fruits, veggies, fiber, and much more.
3	Feb 17	12pm - 12:45pm	Control Cravings and Portions	Don't let food cravings or food portions control you. Learn about eat well tips to food cravings and appropriate food portion so that you stay on track on your healthy eating plan.
4	Feb 24	12pm - 12:45pm	Food Labels Made Easy	Just about everything we consume has a food label but it's not very user-friendly. Learn simple tips to make sense out of a standard food label so that you are informed about your food choices.
5	March 3	12pm - 12:45pm	Weight-loss Basics	Weight-loss is possible for anyone if they follow the key elements to effective and healthy weight management. In this webinar you will get the basics on energy balance, calorie intake, and Body Mass Index.
6	March 10	12pm - 12:45pm	Keep the Weight Off	Staying on a healthy weight management plan can be challenging. In this webinar you will learn about many effective strategies to stick with a healthy weight-loss plan.
7	March 17	12pm - 12:45pm	Fitness Basics	Getting fit is not only fun but can be easy. Learn how in this webinar that will provide an overview of fitness guidelines, safety, and health benefits.
8	March 24	12pm - 12:45pm	Move More at Work	You can exercise just about anywhere. No matter your fitness level, this webinar will give you an easy how-to-guide to perform exercises at the workstation.
9	March 31	12pm - 12:45pm	Walking Basics	How many steps do you take every day? This webinar will take you a step closer to better health by giving you walking safety tips, an overview on proper walking form, and footwear fundamentals.
10	April 7	12pm - 12:45pm	Stress Less Basics	Life can be stressful at times. When stress levels rise; your health can suffer. This webinar will provide simple techniques to build stress management skills that will protect your body and mind.
11	April 14	12pm - 12:45pm	Healthy Sleep	Are you getting enough restful sleep? This webinar will review what is healthy sleep, insomnia, and provide simple sleep hygiene steps. Sleep is part of a healthy lifestyle so be sure to set your clock for this informative webinar.
12	April 21	12pm - 12:45pm	Prevention Basics	Preventive care includes simple but important choices you can make for yourself and your family to live longer and healthier lives. This webinar will give you a clear overview of health screening guidelines to follow to safeguard your health.

Please Note: Webinars are to be attended on the employees own time.