

The Healthy Weigh

Campus weight management program



Convenient – Reliable – Practical Guidance for losing pounds and keeping them off

Our weight management program empowers people to lose and maintain weight safely and effectively. Healthy Weigh is open to employees, graduate students, and significant others.

The program includes:

- Skill building sessions
- Group support and accountability
- Healthy Weigh manual

Participants will learn to:

- Set a healthy rate of weight loss
- Master portion control
- Maximize success by keeping a food log
- Create realistic goals
- Unleash the power of physical activity in weight loss
- Discern weight loss program and product claims
- Overcome barriers to weight management
- Shop, cook and eat out healthfully

Program logistics

- Weekly sessions
- Convenient campus location
- Contact us for more info: 217-265-9355 or wellbeing@illinois.edu

CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services