

# Best Weigh 2010

## Highlights

- ◆ 10-Week Program with One Session per Week
- ◆ Tuesdays, 7:00-8:00 p.m.
- ◆ Begins September 14
- ◆ Ends November 16
- ◆ Participants have Lost as Much as 30 pounds!

## Seminar Schedule

### Week 1

- ◆ Portion Control.
- ◆ Walk for 30 minutes daily.
- ◆ No snacks between meals.
- ◆ Give up a food you abuse.

### Week 2

- ◆ The importance of exercise.

### Week 3

- ◆ How God helps you lose weight.

### Week 4

- ◆ Eat less fat overall.
- ◆ Choose mono-unsaturated fats.
- ◆ Avoid cholesterol rich foods.
- ◆ Avoid saturated fats and trans-fats.

### Week 5

- ◆ Eat less sugar.
- ◆ Introduction to the Glycemic Index.

### Week 6

- ◆ Protein myths.
- ◆ The harmful effects of red meat.
- ◆ Benefits of primary vegetable protein sources.

### Week 7

- ◆ Fabulous fruits and vegetables.

### Week 8

- ◆ Whole grains and fiber.

### Week 9

- ◆ Need vitamins, herbs & supplements?

### Week 10

- ◆ The healthiest people in the world.

## How it Works

Dietary changes in *Best Weigh* are introduced gradually from week to week. NEW DIRECTIONS in the diet are individually negotiated in small groups once each week based on the principles presented in the nutrition lecture that night. At the end of *Best Weigh* everyone is eating a more healthful diet than when they started but no two people are eating the same foods. **Materials Fee Only**



### CONVENIENT LOCATION:

Patterson Avenue Seventh-day  
Adventist Church  
3901 Patterson Avenue  
Richmond, VA 23221  
(just off 195 between Hamilton and Malvern Streets)

### CONTACT INFORMATION:

Call (804) 672-3837 or e-mail  
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