

# Achieving and Maintaining a Healthy Body Weight

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## Purpose

To learn how to incorporate healthy eating, physical activity and a positive attitude about self into one's lifestyle as a means of reaching and maintaining one's weight goal

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## Intended Audience

All employees

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## Suggested Activities

- Contact a dietitian to offer a program to employees who want to achieve and maintain a healthy weight or initiate a peer support group, such as that outlined under Suggested Activities in the Setting and Achieving Healthy Eating Goals topic in this section. (Note: Sobeys and Superstore offer weight management programs led by dietitians several times a year—call your local store for more information.)
- Set up a “challenge.” Ask participants to record their food/ beverage intake and physical activity for a specified time period (e.g., one month) in a journal or in the booklet *Making the Most of You*. During this month, they may also record ways they deal with being stressed, tired, angry, or sad (e.g., by writing in a journal, having a hot bath, listening to favourite music, etc.). Give a reward (e.g., water bottle, journal, passes to a local event) to participants who meet the challenge. They may also receive an added bonus—weight loss!
- Encourage employees to log onto [www.EATracker.ca](http://www.EATracker.ca). The Eating and Activity Tracker lets a person track their day's food and activity choices and compares them to the guidelines laid out by Health Canada. It also determines body mass index (BMI) and provides information to help them to achieve and monitor a healthy weight.
- Provide the *Healthy Ways, Healthy Weight* booklet (see Body Weight, Dieting, and Body Image in the Education and Raising Awareness section).

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## Materials

- Diversity Checklist
- Fact sheets (See the materials for Body Weight, Dieting, and Body Image in the Education and Awareness Raising section, p. 135)
- *Making the Most of You* (Dairy Farmers of Canada)  
(Order from [www.dairygoodness.ca](http://www.dairygoodness.ca) or call 1-800-465-COWS. Allow two to four weeks for delivery.)
- How to Access a Dietitian in Nova Scotia  
(See Additional Resources, p. 244)
- *Healthy Eating in the Workplace Action Plan Worksheet*  
(See Additional Resources, p. 221)
- *Healthy Eating in the Workplace Participant Evaluation Form*  
(See Additional Resources, p. 225)