

# DROP IT LIKE IT'S HOTT...

## THE HEALTHY "WEIGH"

### *Student Health Services' Weight Management Program*

Led By: Angie Sutphin, Registered Dietician | Kim Cholewinski Carr, Health Promotion

**Health Sciences Building | Room 2000 | 12:30-1:30pm (All)**

**2/21**

#### *Getting Started*

Goals, Motivation, & Keys to Success

**3/21**

#### *Shaking Things Up*

Physical Activity Goals & Tips

**2/28**

#### *Most Bang for Your Buck*

Navigating On-Campus Dining Options

**3/28**

#### *Snack Attack*

Healthy Snacks, Portions & Beverages

**3/7**

#### *The Art of Preparation*

Food Labels, Grocery Shopping, & Fast Food

**4/5**

#### *Healthy Celebration*

Final Weigh In & Awards

**3/14**    ***SPRING BREAK*** | *No Meeting*

Last year the "Drop It Like It's Hott" participants collectively lost over 250 pounds!! We are planning to surpass that goal this year!! **If you would like to register for the program, click [here](#) to get started!!** A healthy lifestyle is in sight-you can do it!

Website registration form: <https://docs.google.com/spreadsheets/viewform?formkey=dEZ6OE5iMk9hbWhINWY2OFd6SkV6WEE6MQ#gid=0>

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