

DROP IT LIKE IT'S HOTT

THE HEALTHY "WEIGH" *Summer Series*

A STUDENT HEALTH SERVICES' WEIGHT MANAGEMENT PROGRAM

Led By: Angie Sutphin, Registered Dietitian & Kim Cholewinski Carr, Health Promotion

NORTH WEBB: SUFFOLK ROOM (1541) & VIRGINIA RICE WEBB (ROOM 1307) | 12:30-1:30PM (ALL)

5/21: GETTING STARTED

SUFFOLK ROOM

Goals, Motivation, & Keys to Success

6/11: SHAKING THINGS UP

VIRGINIA RICE WEBB

Physical Activity Goals & Tips

5/28: NUTRITION 101

SUFFOLK ROOM

Learning the basics of good nutrition

6/18: SNACK ATTACK

VIRGINIA RICE WEBB

Healthy Snacks. Portions & Beverages

6/4: THE ART OF PREPARATION

VIRGINIA RICE WEBB

Food Labels, Grocery Shopping & Fast Food

6/25: HEALTHY CELEBRATION

VIRGINIA RICE WEBB

Final Weigh In & Awards

Last year the "Drop It Like It's Hott" participants collectively lost over 250 pounds!! We are planning to surpass that goal this year!! A healthy lifestyle is in sight—you can do it! If you would like to register for the program, click [here](https://docs.google.com/a/odu.edu/forms/d/19p3lhLLZ14uG36rMVwmtEcoZkD9gQcXNXBYHMdvHgMY/viewform) to get started or visit online at:

<https://docs.google.com/a/odu.edu/forms/d/19p3lhLLZ14uG36rMVwmtEcoZkD9gQcXNXBYHMdvHgMY/viewform>

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