



NCCU Employee Wellness Committee and Sodexo are pleased to introduce an Adult Weight Management program conducted by Registered Dietitians (RD). RD's are the experts in nutritional care and weight management. Each RD has completed a Bachelors Degree in Nutrition and passed a national registration exam administered by the Commission on Dietetic Registration of the American Dietetic Association. In addition, many RD's have completed advance degrees in nutrition or a related field.

"Create Your Weight" is a 9-week Adult Weight Management program developed by RD's along with other Health Care Professionals and based on guidelines from The American Dietetic Association (ADA). The program encompasses nutrition education, physical activity and the role of behavioral therapy in weight reduction and weight management. Nutrition education focuses on basic nutrition components, calorie composition, food portions, supplements, food preparation, dining out, food labels and shopping tips. The physical activity module addresses the role of exercise and physical activity in weight reduction and weight management. Lastly, the behavior modification module focuses on personal awareness, behavior chains and our relationship to food. "Create Your Weight" Adult Weight Management provides participants with the knowledge and tools they need to successfully manage their weight forever simply by making better choices.

Please join us for a FREE INTRODUCTORY SESSION on Thursday, February 4, 2010 @ 9:30 – 10:30. For further information, please contact Pamela Watson, RD,LDN at x6874 or [pwatson@nccu.edu](mailto:pwatson@nccu.edu).