



Northern Arizona
Healthcare

WEIGHT MANAGEMENT GROUP

This weight management series is a 12-week virtual group series that will help patients and colleagues achieve their weight goals. The group provides accountability, insight and ideas, and invaluable social support.

The series is divided into three essential aspects of change. You will be asked to attend each session and practice the skills learned at home between sessions. As a participant, you will make diet and exercise changes that are appropriate for your individual needs and we will monitor your weight and body composition changes.

You will learn that, by making small but effective changes to how you manage your health, you can achieve long-lasting results.

Please check to see if these sessions are covered under your insurance policy. A primary care provider referral is required.

Psychologist Sherri Ruggiero, PhD, has helped countless participants achieve long-term weight loss with this program since 2015. Contact Dr. Ruggiero at Sherri.Ruggiero@NAHealth.com for more information and to find the next dates and times the group will be offered.



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SERIES ONE: BEHAVIOR CHANGE & MOTIVATION

- ✓ Goal-setting and motivation
- ✓ Understanding why you eat
- ✓ Understanding the difference between hunger, desire and cravings
- ✓ Giving yourself credit
- ✓ Practicing mindful eating
- ✓ Preventing over-eating
- ✓ Understanding the importance of social support
- ✓ Preparing your environment
- ✓ Planning and tracking
- ✓ Finding behavioral substitutions for food
- ✓ Setting Self as a priority
- ✓ Learning how and why to increase physical activity
- ✓ Creating a nutrition plan
- ✓ Creating a S.M.A.R.T. plan

SERIES TWO: EMOTIONAL EATING

- ✓ Learning stress management
- ✓ Understanding emotions as "information"
- ✓ Identifying the cognitive, behavioral and body sensations of emotions
- ✓ Addressing the source of our emotional responses
- ✓ Setting relationship boundaries
- ✓ Identifying emotional and automatic eating
- ✓ Finding distractions for eating triggers
- ✓ Practicing self-compassion

SERIES THREE: CHALLENGING OLD PATTERNS OF THINKING & PROBLEM-SOLVING

- ✓ Identifying harmful thoughts
- ✓ Challenging think errors
- ✓ Problem-solving
- ✓ Dealing with discouragement and plateaus
- ✓ Building your GRIT
- ✓ Maintaining after you reach your goal
- ✓ Predicting and managing relapses



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