

LIVING WELL IN SUFFIELD

JOINING INSTRUCTIONS

Weight Wellness Lifestyle Program

The Weight Wellness Lifestyle Program (WWLP) is a training program of the Strengthening the Forces program of health promotion. This document summarizes the information that you should know in order to consider whether to register and, if you have registered, to start participating.

SUMMARY OF THE COURSE

WWLP is a lifestyle program that will help the registrant:

- set realistic goals for losing weight and keeping it off;
- develop a healthy eating plan and adjust portion sizes for healthy weight loss;
- develop a physical activity plan to boost metabolism;
- understand and interpret nutrition labels and restaurant menus;
- get the lowdown on healthy meal planning and snacking;
- manage hunger and food cravings;
- tackle the common weight loss myths and fallacies; and
- monitor progress and help you stay on track.

The initiative involves two educational workshops and several tutorials, all taking place once weekly over several weeks. **Each tutorial will include a component of organized and supervised physical activity.**

ELIGIBILITY AND REGISTRATION PROCEDURE

Any local member of the Defence team is eligible to register in advance of the registration deadline and subject to course maximums. Course registration is done using a Training Request Form (TRF), available for download from both the SharePoint Base Training Calendar as well as CAF Connection (see URL below).

www.cafconnection.ca/Suffield/HealthTraining

Send completed TRF to:

Lecture Training Facility, CFB Suffield
c/o Carey Berstad, G3 Base Civilian Training Officer (Acting)
Local 4356
Carey.Berstad@forces.gc.ca

DATES, TIMES, AND INSTRUCTORS

Introductory Workshop:

Date: 27 September 2018.

Time: 0830-1600 hrs.

Location: LTF, CFB Suffield.

Instructors: Heather Gareau-Miller; Nicole Emerson; Charissa McKay.

Tutorials:

Dates: 4, 11, 18, 25 October 2018; 1, 8 November 2018.

Time: 1100-1400 hrs.

Location: Building R-01 (CFB Suffield Recreation Centre).

Instructor: Jeremy Peressini.

Concluding Workshop:

Date: 15 November 2018.

Time: 0830-1600 hrs.

Location: LTF, CFB Suffield.

Instructors: Heather Gareau-Miller; Nicole Emerson; Charissa McKay.

DRESS

Casual civilian clothing is permitted for both workshops. Physical training (PT) gear is required for tutorials and participation

Access to the Recreation Centre is subject to properly identifying at Reception and subject to compliance with the rules of the Recreation Centre.

Access to the LTF requires clearance at the Main Gate of the base. Be prepared for whatever security precautions are being implemented at the Main Gate.



Personnel Support Programs is proud to partner with our sister agencies in creating and supporting health and well-being in our community.