

This is a list of the recommended order in which to handout these flyers.

If you decide to add flyers of your own try to make sure they are not contradictory to those included here, nor to each other.

Flyers should be handed out one per week. Instruct people to put them on their refrigerator, or they make good reading in the bathroom :)

Hand them out in the order below

Diet & 10steps

Diet myths

Weight loss

Servings

Dining out

Plateau - should be handed out later in the program

Feb sad - should be handed out in February

Chocolate - Valentines Day - February

Laughter pt1 and laughter pt2 should be handed out together.

Salt, cholesterol, dance fitness facts and laughter may be handed out when you do not have a handout planned for that week.

We monitored weight throughout the 4 months and gave short pep talks each week or so to keep interest up. We also planned a night with only healthy snacks and encouraged members to bring healthy foods rather than sweets and high fat foods to dances. We did not, however, make anyone feel bad about bringing sweets, instead we stressed "all things in moderation" and the fact that depriving yourself of the things you love is a sure way to fail at leading a healthier life.