

About LifeSteps®

LifeSteps® Weight Management Program is a comprehensive, behaviorally based program integrating current weight management research on nutrition, physical activity and group support. LifeSteps® incorporates the latest information and concepts from the 2015-2020 Dietary Guidelines for Americans and the MyPlate food guidance system.

According to the American College of Sports Medicine, SUCCESSFUL weight management must include life-long physical activity. LifeSteps® incorporates ACSM guidelines.

The NIH guidelines on the identification, evaluation and treatment of obesity define weight management as a two-step process composed of assessment and treatment.

LifeSteps® Assessment:

- BMI and waist circumference measurement
- Health risk status evaluation
- Readiness-to-change assessment using motivational interviewing techniques
- PAR-Q+

LifeSteps® Treatment:

- Education on basic and complex nutrition concepts and healthy eating patterns
- Guidance for increasing physical activity and staying active
- Strategies for successful behavior change
- Dynamic group support

Program Details

Program Format:

- 16 weekly classes
- 60-minute sessions
- 10 - 18 participants
- 11 maintenance sessions



Program Features:

The LifeSteps® program provides tools for long-term weight management, emphasizing well-established strategies for successful behavior change.

Participants learn:

Self-monitoring: use unique LifeSteps® Food and Activity Records to observe specific behaviors.

Goal setting: analyze current behaviors and make deliberate, step-by-step changes.

Cognitive behavioral strategies: identify and change negative attitudes, beliefs and expectations about eating, activity, weight management and one's perceived ability to make changes.

Social support: develop a network of people who help maintain motivation and reinforce positive behavior changes.

Relapse prevention training: identify and manage high-risk situations that may trigger negative behavior patterns.

Personal Choice • Responsibility • Accountability

Each person is in charge of his or her own eating and activity behaviors. This emphasis on self-management sets the behavioral approach apart from other weight management methods.

Leader Training

To become a LifeSteps® leader, you must be a Registered Dietitian Nutritionist or allied health professional and successfully complete our behaviorally-focused leader training. This helps assure the program maintains the exceptional quality content and delivery.

Our online leader training is convenient and can be done from your office or home. It not only prepares you for leading the LifeSteps® program, it also provides you with in-depth training and skill development in several areas that can be utilized in a variety of client education settings.

Leaders learn:

- Group dynamics and facilitation
- Application of behavioral techniques
- Behavioral feedback

LifeSteps® is an accredited provider through CDR. Our Leader Training provides 15 CPEs. (CDR LS001)

Program Materials:

Leader Guide: complete teaching plans for 16 weekly program sessions and 11 maintenance sessions.

Participant Notebooks: individual notebook for each participant, fully coordinated with the Leader Guide.

Food and Activity Records: concise method to capture nutrition, physical activity and behavioral information.

Supplemental Materials: corresponding video segments, comparison cards, food group cards, reproducible masters.