

## Welcome to the Weight eProgram

Congratulations on joining the Weight eProgram. You're on your way to better health. The Weight eProgram provides the structure and support you need to reach your health improvement goals. But, remember changes don't happen overnight. Making healthy lifestyle changes take time and commitment. We're here to help.

To get started, log on and start tracking in one or more of the program trackers — weight, calorie and activity. Make it your goal to track regularly. If you miss a day or two, don't worry. Once you start the program, you can go back and track for any dates you missed – all the way back to your start date. Regular tracking of your calories, weight and activity can help you reach your personal health goals.

### Ready. Set. Goal!

Get started by setting some realistic goals. To do that, you'll need to know some key details. First, weigh yourself to confirm your starting weight. Next, track your food and activity for three days. This will help you determine how many calories you're eating and how much you're moving. Keep in mind, you can update or set new goals at any time using the *Set/Update My Goals* link in the right-hand corner of the top navigation bar. Now let's get started.

- **Weight goal:** If your Body Mass Index (BMI) is 25 or higher a good goal is to reduce your current weight by 10 percent. Need help? Check out the *BMI Calculator* and *Goal Weight Calculator* in the *Library*.
- **Calorie goal:** Track your calories for three days to figure out your average calorie intake. Then set a safe, daily calorie goal that's 250 to 500 calories lower than your current intake. Need help? Check out the *My Calorie Goal Calculator* in the *Library*.
- **Activity goal:** Start with where you're at and build from there. If you're currently getting 10 minutes a day of activity a day, aim for 15 minutes. Continue to adding activity to reach your goal.
- **Keep your long-term goals in mind.** After you lose weight, you need to maintain your weight. So, keep this in mind when setting your goals. And, remember to be safe. A good rule of thumb is two pounds per week.

### The inside scoop

Here are a few tips to help you get the most out of your Weight eProgram:

- To help you reach your goals, check out the *Motivational Emails* and weekly *To Do List*. These two items will give you the best mix of tips and tools to help you achieve long-term success.
- Make better health a habit. Use the trackers and other program tools on a regular basis throughout your program year. Allow yourself the time you need to reach your healthy lifestyle goals.
- When it comes to tracking, remember that a week starts on Sunday and ends at midnight on Saturday.

**Please note:** Always check with your health care provider before starting any new weight management, physical activity or exercise program.

## Program Features

### Trackers

It's really all about the tracking. Tracking keeps you in touch with your health goals. It also identifies what you're doing right and what you could work on.

### Fundamentals

Get back to the basics. The *Fundamentals* help you understand what it takes to lose weight – and keep it off! Read the *Fundamentals* at your own pace – and in any order.

### Motivation room

Think of this as your *weight management tool kit!* Get the guidance, support and strategies you need to change your behavior and reach your healthy lifestyle goals. Visit often to arm yourself with the tools you need to succeed!

### Journal

Jot it down. Create your own personal *Journal* to record your thoughts, feelings, reactions and experiences. You can also use it to work through any challenges you encounter. And, don't worry – it's completely private.

### Library

Discover. Learn more about weight management, good nutrition and staying healthy. Enjoy a variety of interactive tools, articles, and useful links. Note: some *Library* links may take you away from this program site.

### Recipes

Get cooking. Delicious and healthy recipes are a just click away! Take full advantage of our *EatingWell*® recipes or visit [yumpower.com](http://yumpower.com). Who knew healthy eating could be so delicious?

### Quizzes

Test your knowledge and learn more through fun, informational quizzes. Don't worry... no pressure — no grades.

### Motivational emails

Enjoy weekly emails, which feature weight loss strategies, tools, recipes and more. Plus, it's a good reminder to log on and keep on tracking.