

Program for Reducing Obesity (PRO JR) class schedule

Program Overview: This comprehensive nutrition education program is designed for adolescents aged 12–17 who are at risk of or currently experiencing obesity. The program focuses on promoting healthy eating habits, increasing physical activity, and fostering positive behavior change through interactive learning and family involvement.

Week 1- Food: Your Superpower

Forget capes and laser eyes—your greatest strength might be sitting on your plate. Whether it's fueling your brain, healing your body, or lifting your mood, food has the power to transform you from the inside out.

Week 2- Let's get Moving

Yes! Let's shake off the stillness and fire up that momentum. Whether you're talking about physical movement, kicking off a new project, or just shifting gears mentally, we're right here to energize the moment. Want a quick workout plan? A motivational playlist? A productivity jumpstart? Or maybe a creative warm-up to get your brain buzzing? Let's channel that energy into something epic. What kind of "moving" are we doing today?

Week 3- Nutrition for better energy

Let's power up your day with foods that fuel your body the right way. You will learn how nutrition can be your secret weapon for sustained energy:

Week 4- Mindful eating with demure portions

is a powerful way to reconnect with your body's natural hunger cues and elevate your relationship with food. It's not about restriction—it's about intention, awareness, and savoring every bite. Here's how to embrace it:

Week 5- Set Your Goals and Slay: A Mini Power Plan

- 1. Define Your Vision** What does "slay" look like for you? Crushing a fitness milestone, launching a side hustle, mastering mindful eating? Be bold and specific.
- 2. Break It Down** Big goals need bite-sized steps. Turn "get healthy" into "drink 2L of water daily," "walk 30 minutes," or "prep meals on Sunday."
- 3. Own Your Schedule** Block time like it's sacred. Whether it's 10 minutes or 2 hours, consistency beats intensity.

4. Fuel Your Fire Eat for energy, sleep for strength, and surround yourself with people who hype you up—not drain you.

5. Celebrate Every Win Progress isn't just the finish line—it's every step forward. Slay with style, and don't forget to high-five yourself.

Week 6- Peer support and social connection are like emotional oxygen—essential for resilience, healing, and thriving. While you're navigating your health journey and personal growth these two elements can make all the difference.

Week 7- Smart Calorie Counting for Teens: What It Really Means

Calorie counting for teens should be:

- **Educational:** Teaching how food fuels the body, not just numbers
- **Supportive of growth:** Teens are still developing, so nutrient density matters more than calorie limits.
- **Flexible:** Focused on patterns and balance, not perfection

Week 8- Healthy Choices while on Vacation or hanging out with friends:

Absolutely—teens can totally enjoy vacation and hangouts with friends *without* ditching their health goals. It's all about balance, smart swaps, and staying in tune with your body.