New 15-week class series are rolled out and behavior change is experienced in weight management. Instructors are registered dieticians who deliver the program in real-time format with a live instructor. This format allows participants to learn from home, work, or anywhere with Internet access. Participants receive personalized support both during and outside of class. Instructors are registered dieticians who are experienced in weight management and behavior change.

Protocol 3
Protocol 3 is a 15-week, online weight management program that is delivered in real-time with a live instructor. The program has been a valuable resource for I have been delighted to work with Dr. Brian Caveney, Chief Medical Officer at Blue Cross & Blue Shield of North Carolina. Casey Herget, MSW, MPH, and Anne B. Rogers, RN, BSN, MPH, are with the State Health Plan for Teachers and State Employees, North Carolina. Dunn C, Whittemore BM, Kolasa MA, Jayawardene KC, Thomas C, Apparao V, Hergen C, Rogers AB. Delivering a behavior-change, 15-week, online weight management program to adults and employee populations. Prev Chronic Dis 2011;8(2). http://www.cdc.gov/pcd/issues/2011/jul/10_0160.htm. Dunn C, Whittemore BM, Kolasa MA, Apparao V, Hergen C, Rogers AB. A randomized trial of a worksite-based, 15-week, online weight management program in adult employees. Am J Health Promot. 2014;28(6):602-609.

Protocol 4
I didn’t know that June 2, 2014 would change my life, but it did. That was the start of my very first Eat Smart, Move More, Weigh Less class. Since that night I have become very mindful of everything I put in my mouth and the exercise I get each day. Without the lessons and tools provided by Eat Smart, Move More, Weigh Less I wouldn’t have lost 34 pounds during my first 15-week season. That night I knew I would never have to drive to the store for some food. It was now a marathon. I started running half a mile every other day. This doesn’t sound like a lot, but to me it was a marathon. Fast forward 15 weeks and I am up to three and a half miles, six days a week.

I set the record straight. I have struggled with weight since childhood and have become very mindful of everything I put in my mouth and the exercise I get each day. Without the lessons and tools provided by Eat Smart, Move More, Weigh Less I would not have lost 34 pounds during my first 15-week session. That’s right, I lost 34 pounds in one month. I have gone down four sizes and feel phenomenal. I have become very mindful of everything I put in my mouth and the exercise I get each day.

During my first class I remember thinking, “I can follow this, it’s not complicated and it’s deadly straightforward.” I knew my biggest hurdle was going to be the schedule it to fit my life. But I was already on the road to recovery. In 2004, I turned to weight loss surgery. I also tried to lose weight with exercise and diet, but faced with the costs associated with it I found myself feeling hopeless. I then came across a brochure for Eat Smart, Move More, Weigh Less and figured why not give it a try since it is on the Metabolic Diet, even a diet prescription program that really resonated with me versus all the other weight loss programs.

"I tried Weight Watchers, the Metabolic Diet, even a diet prescription from my doctor, and nothing worked, until the Eat Smart, Move More, Weigh Less program. So far, I have lost eight pounds. Being mindful of what I eat and tracking it has really worked. I’m not-so-great report on my cholesterol, I figured it was about time to start listening to some folks who knew what they were talking about. After the first lesson I was hooked. Downloading the MyFitnessPal smartphone app—per the suggestion of my class instructor—was quite literally a life changer. I had never (!) bothered looking at the back of food items prior to the download, and after seeing the calorie count on my first scanned-in IPA beer, I haven’t looked back. Wow! There are many classes over the course of a few months, but the topics all come back to one thing—making good decisions and forming smart habits. I wouldn’t say I have drastically changed my life, but what I am doing now is passing on the bagel there. Things like that. The baby steps have led to some pretty significant leaps and bounds in terms of my weight. My doctor told me my body was going into starvation mode and saving calories. “I’ll admit, I was a bit skeptical when I embarked on my Eat Smart, Move More, Weigh Less journey, but on the heels of receiving a not-so-great report on my cholesterol, I figured it was about time to start listening to some folks who knew what they were talking about. After the first lesson I was hooked. Downloading the MyFitnessPal smartphone app—per the suggestion of my class instructor—was quite literally a life changer. I had never (!) bothered looking at the back of food items prior to the download, and after seeing the calorie count on my first scanned-in IPA beer, I haven’t looked back. Wow! There are many classes over the course of a few months, but the topics all come back to one thing—making good decisions and forming smart habits. I wouldn’t say I have drastically changed my life, but what I am doing now is passing on the bagel there. Things like that. The baby steps have led to some pretty significant leaps and bounds in terms of my weight. My doctor told me my body was going into starvation mode and saving calories.

"Thank you for helping me change my life!"

"I’ve felt really good with this program and something that really resonated with me versus all the other weight loss programs."

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Eat Smart, Move More, Weigh Less

What PARTICIPANTS ARE SAYING ABOUT
Eat Smart, Move More, Weigh Less

“I’ve felt really good with this program and something that really resonated with me versus all the other weight loss programs.”

“A follow-up survey conducted with participants in onsite and online classes indicates that 71% program completion either maintains or loss additional weight at six months after completion of the Eat Smart, Move More, Weigh Less program.

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