

## GROUP LIFESTYLE BALANCE TRAINING WORKSHOP

Hilton Garden Inn Pittsburgh University Place

3454 Forbes Avenue

Pittsburgh, Pennsylvania, USA 15213

February 25, 2015

7:30-8:00	Breakfast, Registration and Welcome	Kaye Kramer, DrPH
8:00-8:30	Diabetes Prevention Program (DPP): Background and Rationale	Kaye Kramer, DrPH
8:30-9:15	Rationale and Goals for the Nutrition Lifestyle Balance Intervention	Beth Venditti, PhD
9:15-9:45	Translating the DPP	Kaye Kramer, DrPH
9:45-10:00	Break	
10:00-10:30	Leading Session 1 <b>“Welcome &amp; Getting Started Losing Weight”</b>	Beth Venditti, PhD
10:30-11:00	Leading Session 2 <b>“Be a Fat and Calorie Detective”</b> <ul style="list-style-type: none"><li>• <b>Keeping Track Eating Awareness Activity</b></li></ul>	Linda Semler, MS, RD, LDN
11:00-11:30	Leading Session 3 <b>“Healthy Eating”</b>	Linda Semler, MS, RD, LDN
11:30-12:00	Leading Session 5 <b>“Tip the Calorie Balance”</b> <ul style="list-style-type: none"><li>• <b>Keeping Track Feedback Activity</b></li></ul>	Linda Semler, MS, RD, LDN
12:00-12:45	Lunch	
12:45-1:15	Rationale and Goals for the Physical Activity Lifestyle Balance Intervention	Andrea Kriska, PhD
1:15-2:00	Leading Session 4 <b>“Move Those Muscles”</b>	Andrea Kriska, PhD
2:00-2:15	Break	
2:15-2:45	Leading Session 10 <b>“Jump Start Your Activity Plan”</b> <ul style="list-style-type: none"><li>• <b>Keeping Track Pedometer Step Awareness Activity</b></li></ul>	Andrea Kriska, PhD
2:45-3:15	Leading Session 6 <b>“Take Charge of what’s Around You”</b>	Beth Venditti, PhD
3:15-3:45	Leading Session 7 <b>“Problem Solving”</b>	Beth Venditti, PhD

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**February 26, 2015**

7:30-8:00	Breakfast	
8:00-8:30	Leading Session 8 <b>“The Four Keys to Healthy Eating Out”</b> <ul style="list-style-type: none"><li>• <b>Keeping Track Feedback Activity Discussion</b></li></ul>	Linda Semler, MS, RD, LDN
8:30-9:15	Leading Session 9 <b>“The Slippery Slope of Lifestyle Change”</b>	Beth Venditti, PhD
9:15-9:45	Leading Session 11 <b>“Make Social Cues Work <i>for You</i>”</b>	Beth Venditti, PhD
9:45-10:00	Break	
10:00-10:30	Leading Session 12 <b>“Ways to Stay Motivated”</b>	Beth Venditti, PhD
10:30-11:15	Post Core Part 1-Physical Activity Strengthen Your Exercise Program Flexibility/Balance Standing Up for Your Health	Andrea Kriska, PhD
11:15-12:00	Post Core Part 2-Transitioning and Nutrition Long-Term Self-Management More Volume, Fewer Calories Mindful Eating Heart Health	Linda Semler, MS, RD, LDN
12:00-12:45	Lunch	
12:45-1:30	Post Core Part 3-Behavior Balance Your Thoughts Stress and Time Management Looking Back and Looking Forward	Beth Venditti, PhD
1:30-1:45	Break	
1:45-3:15	Leading Effective Groups Making GLB Work in Your Setting	Beth Venditti, PhD Kaye Kramer, DrPH
3:15-3:30	Wrap Up	