

Virginia Cooperative Extension Service

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NEWS RELEASE

DIETING? WEIGHT CONTROL SERIES MAY HELP

A new approach to dieting, Weight-Control-By-Mail, is to be offered by the _____ (county name) _____ office of the Virginia Tech Extension Service.

The series of 10 lessons will begin on _____ (date) _____. The only cost is the time it takes to make a telephone call to the Extension Office for registration. Call _____ (Extension agent's name) _____ at _____ (phone number) _____.

L. Janette Taper and Charlotte Pratt, Virginia Tech Extension Specialists in Foods and Nutrition, worked with _____ (county name) _____ agents to prepare the upcoming program. The lessons combine the traditional methods of weight control (restriction of caloric intake and increased physical activity) with the principles of behavior modification.

"Rather than simple weight loss alone, the goal of behavior modification is to help individuals identify and change life-long eating habits to enable them to choose a nutritionally adequate diet pattern and maintain weight loss over a lifetime," _____ (agent's name) _____ pointed out.

Among topics to be covered in the lessons by mail are:

- Behavior modification techniques
- General principles of weight control
and its relation to good health
- Menu planning
- Food nutrients
- Fad reduction diets
- Low calorie cooking
- Physical activity
- Eating out when on a diet

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia; Clinton V. Turner, Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia.

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Participants are advised to check with their physicians before beginning the program, especially if there is knowledge of any existing health problem or if the individual is extremely overweight. (agent's name) said that "although there will be a periodic 'checking in' on participants, the individual must be committed and motivated to be successful with the program. Participants are encouraged to have a family member or a friend work with them throughout the series. However, the individual must be determined and really want to make the program work. It is up to the individual to follow through."

We'd like to work with you if you do have a weight control problem and would like to participate in our Weight-Control-By-Mail Program. Please give us a call today.