

Instructors



MARCIA UPSON

RN, MS, FNP-C – is a registered nurse and family nurse practitioner who has been teaching the foundational components of the Naturally Slim program for more than twenty years, helping individuals improve their health through dietary change and weight loss instead of prescriptions.



TIM CHURCH

MD, MPH, PhD – is one of the country's leading clinical thought leaders in exercise and obesity research. As author of more than 270 published clinical articles, Dr. Church has received numerous awards for his research in preventive health. He leads the development of the curriculum and shares his medical expertise on weight loss and exercise throughout the program.



TODD WHITTHORNE

BS Kinesiology – is a nationally recognized health and wellness speaker as well as author of Fit Happens! Simple Steps for a Healthier, More Productive Life! Mr. Whitthorne is an Emmy award-winning broadcaster who has spent the last 20 years using his kinesiology & exercise physiology background to help organizations develop strategies to improve health and productivity in their workforces.



MERIDAN ZERNER

MS, RDN, CSSD, LD – is a registered dietitian nutritionist with more than twenty years experience in health and wellness including being certified in sports nutrition, sports dietetics and as a wellness coach. Mrs. Zerner, who has a Masters of Nutritional Science and received the Excellence in Practice award from the Academy of Nutrition and Dietetics, uses her experience to help participants understand the value of food choices.



DANA LABAT

PhD – is a licensed clinical psychologist who specializes in psychotherapy for women's mental health as well as eating disorders and disordered eating behavior. Throughout the curriculum, Dr. Labat utilizes her experience teaching and bolstering skills to help participants navigate their weight loss and health improvement journey.



JAMES MAAS

PhD – is an international authority on sleep and performance having served as a researcher & professor at Cornell University for more than 48 years as well as authoring four best-selling books on sleep. Dr. Maas coined the term 'Power Nap' and in addition to numerous honors for his commitment to teaching, he is also one of the world's most sought-after speakers. He shares his expertise on sleep and sleep quality with participants throughout NS4You.

FOUNDATIONS:

SESSION ONE:

- Skills to use during and between meals
- The brain's perception of taste vs. hunger

SESSION TWO:

- Recognizing and managing your true hunger
- The role of hydration

SESSION THREE:

- Understanding needs that cause us to eat
- Setting goals to help you succeed

SESSION FOUR:

- The effect of sugar on the body and weight loss
- Salt intake, alcohol, health and weight loss

SESSION FIVE:

- Identifying and dealing with saboteurs
- Handling buffets and holidays

SESSION SIX:

- Understanding metabolism and its effect on weight loss
- The fundamentals about nutrition

SESSION SEVEN:

- Triggers to overeating
- The impact of Vital Needs on stress

SESSION EIGHT:

- Emotions and their role in eating
- Eating plans such as the Mediterranean and DASH Diets

SESSION NINE:

- Handling emotions without food
- Identifying and using hunger patterns

SESSION TEN:

- Food cravings and easily accessible food
- Maintaining motivation for long-term success

PHYSICAL ACTIVITY AND EXERCISE:

Each week, participants will get a tailored lesson specific to their physical activity and/or exercise habits.

Participants who haven't been exercising before beginning the Naturally Slim program will enjoy lessons about the benefits of physical activity, how to make it a habit and the role of strength training. Those who already understand the value of exercise will receive lessons regarding how to vary their exercise regime, balancing eating with exercise, and understanding exercise intensity. Additionally, both groups learn about the value of exercise on long-term weight maintenance and overall quality of life.

NS4You:

Throughout the ten weeks of NS4You, participants receive instruction to help reinforce the learning provided in Foundations. This includes refreshers on many of the skills learned as well as new topics such as resilience and problem solving to help with long-term weight maintenance. Much of the content in NS4You is personalized for the participant to cover topics important to their success such as unique instruction for shift workers or those that travel frequently. Additionally, the topic of sleep is incorporated throughout NS4You to help participants understand the importance of sleep and learn strategies to impact their quality of life.

NS4Life:

After completing Foundations and NS4You, participants are ready for support to help them maintain their new healthy habits or provide a little extra motivation when real life makes weight maintenance difficult. NS4You includes new episodes weekly which are hosted by our ACE (Accountability, Coaching and Engagement) Team. Each week they address topics requested by participants or provide additional coaching based on the most up-to-date research and seasonal topics.