



## Fit Mind/Fit Body Weight Management Group

Lose Weight and Keep It Off For Your Lifetime!

**\*Have you attempted to lose weight but got discouraged or lost motivation before you reached your weight- lost goal?**

**\*Did you lose weight in the past but have now gained back most or all of the weight?**

**\*Do you want to feel and look better?**

**Effective:** Based on the Beck Diet for Life and Cognitive Behavior Therapy, The Fit Mind/Fit Body (FM/FB) Weight Management program teaches you the psychological and practical skills needed to successfully lose weight and prevent future weight gain. In the 12-week FM/FB group sessions, you will learn and practice how to get and stay motivated to work towards your realistic weight and non-related goals.

**FM/FB groups consist of twelve 75 minute long sessions in which you will learn and practice the Success Skills:**

- 1: Motivate Yourself Daily (week 1 & 2)
- 2: Weigh Yourself Regularly & Set Realistic Goals (week 3)
- 3: Mindful Eating (eat slowly while sitting down) (week 4)
- 4: Give Yourself Credit (week 5)
- 5 . Get Moving (week 6)
6. Overcome Cravings, Hunger, & Emotional Eating (week 7)
7. Plan & Monitor Your Eating (week 8)
- 8 Follow Your Plan, No Matter What (week 9)
- 9 Get Back on Track—Right Away (week 10)
10. Monitor Your Calorie Consumption (week 11 & 12)

**Affordable:** \$20 per session /per person. We accept private pay. **Sliding fee scale** (pay what you can afford) & **discounted rates are available.** *FM/FB Group members also receive 1 Small Group Personal Training session per week, at no cost, while enrolled in group.*

**Sign Up Today for FM/FB Weight Management Groups: Contact Shawnta Wright at 919-286-1108 (o) or (919) 812-3172 (c) or [swright@mindfulbodies.net](mailto:swright@mindfulbodies.net).**

**Our Offices are located at Northgate Mall in Durham NC**

Shawnta Wright, MA, LPCS, LPC, NCC, is a Licensed Professional Counselor Supervisor, a Licensed Professional Counselor, a National Certified Counselor, an AFAA certified group fitness instructor & personal trainer, a licensed Zumba instructor, and the owner of Mindful Bodies. Shawnta has more than 15 years experience working with adults, adolescents, and children. Shawnta's specialty counseling areas include weight management, binge eating disorder, stress management, self-esteem, marriage and family therapy, parenting, domestic violence & sexual assault. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency Counseling from NCCU. Shawnta is also the former coach of the Durham Senior Divas & Dude Cheerleading Team.

