

New Year New You

Previously known as 10-in-10, “New Year, New You” will be a research-based, comprehensive approach to health for those who want to eat healthier, lose or maintain weight, desire to quit smoking, or those who are ready to learn some new information about healthy living.



Class Schedule

All classes held at NSHC room 212/214 at noon and 5:00pm.

*Jan 25th held in NSHC room 306.

For participants in the villages, class videos will be posted to the CAMP Website.

January 17, 18 and 19	Initial Health Screening	Class details can be found on the back
*January 25	Welcoming	
February 1	Let's Get Active with Physical Therapy Staff!	
February 8	Macronutrients—what are they? *A light meal will be provided	
February 15	Mindful Eating	
February 22	Inflammation and Sugar Addiction	
March 1	Let's Get Inspired with some Guest Speakers!	
March 8	Review and Closing	
March 13-15	Iditarod Screenings at the Rec Center from 7:30-11 AM *No food or drink except water for 8 hours prior	
May 24	Final Weigh In	

Schedule Details

January 17, 18 and 19

On these three days we will be taking weight, height, blood pressure, and be offering free cholesterol and blood sugar screenings. Please call or come by the CAMP Department anytime in January and sign up at the front desk for the date and time that works for your schedule January 17th-19th. Reminder these are fasting labs.

January 25

This is the first official class of the program and we are so excited to see who is participating. Today we will be discussing laboratory meanings, ideal body weight, calculating a healthy weight loss, and discussing physical measurements.

*All participants will receive a free tape measure for body measurement

February 1

Physical Therapy will be joining the class today to talk about simple ways to get active throughout the day!

*All participants will receive a resistance band for easy exercising anywhere

February 8

What are macronutrients and why are they important? Come to this class and learn all about it. We will also be discussing portion sizes and different research-based diets that might just work for you!

February 15

Jay David and Kelly Keyes Zweifel will lead this class focused on mindful eating and how to apply it to your life. There will be time for open discussions and the support of one another.

February 22

Are you addicted to sugar or sweets and not sure how to get help? In this class we will discuss why sugar always leaves people wanting more, and some of the effects of sugar in the body. We will also discuss ways of overcoming sugar addiction.

March 1

Sometimes the best way to be inspired is by people who have successfully achieved healthier habits or sustained weight maintenance at a healthy level. Today multiple people will share their health and weight-loss story.

March 8

This class will be a conversation-driven time where we will review the information presented, discuss goals achieved, and you all will be able to ask questions. You do not want to miss it.

March 13-15

Cholesterol and Blood Sugar screenings offered at the Rec Center during the week of Iditarod. We will be available March 13th-15th from 7:30-11 AM.

May 24

Come to the CAMP office to sign-up for a time to weigh in and repeat the cholesterol and blood sugar test. The person with the largest percentage of weight loss will receive an incentive to help them live a healthier life.

A scale will be available for use at each class.