The EatRight Home-Based Weight Management Program for Individuals with Spinal Cord Impairments is designed to meet the unique nutritional and physical needs of persons with spinal cord impairments (SCI), which includes persons with spinal cord injuries, dysfunctions and diseases.

The Benefits

Other weight loss programs are designed for the general population. For individuals with SCI, the benefits of proper nutrition and weight management learned with EatRight can help:

- Lower the risk for premature death and the development of some forms of cancer, heart disease, high blood pressure, diabetes, respiratory illness, pressure sores, urinary tract infection and urinary stones; decrease feelings of anxiety, loneliness and stress
- Improve muscle strength, endurance, self image, and the ability to fall asleep and to sleep well
- Manage muscle spasms, chronic pain and bowel program

The Success

EatRight is a successful weight management program developed for the general population in 1976 by a team of physicians, dietitians and psychologists at the University of Alabama at Birmingham (UAB). EatRight is safe, nutritionally sound, and proven to work while meeting all weight control guidelines established by the National Institutes of Health.

UAB conducted a 4 year study, funded by the National Institute on Disability and Rehabilitation Research, to modify the original EatRight program specifically for individuals with SCI. Participants attended 12 weekly classes to learn the necessary skills for effective weight management. The results were a safe and effective weight management program for individuals with SCI who are overweight or obese.

Based on this success, UAB received funding from the PVA Education Foundation to create the EatRight Home-Based Weight Management Program for Individuals with SCI.

The Program

This 12-week weight management program allows participants to learn, plan and initiate weight loss from the comfort of their own homes. A video helps participants understand the comprehensive workbook. Video and Workbook samples are on the Internet.

The focus of EatRight is on choosing low calorie, high fiber and slow-eating foods.

This comprehensive program follows the 12 proven elements of effective weight management.

1. Getting Started
2. Making Healthy Food Choices
3. Planning Meals
4. Shopping
5. Cooking
6. Setting Goals
7. Participating in Physical Activities
8. Dining Out
9. Understanding Nutrition
10. Improving Self-Talk
11. Reducing Stress
12. Maintaining Long-Term Success
How to Order

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  ___# of copies @ $5 ea = $______

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