



TRACK 4B: CORE COMPETENCIES NEXT STEPS

ELECTIVE: THE CHALLENGE OF LOSING WEIGHT by Dr. Chris Bowen

Lesson 1: Facing the Problem

1. Watch the video of Dr. Chris Bowen "Losing Weight: A Reality or a Ruckus?"

Completed:

2. For yourself or one of your clients, determine the underlying cause (or causes) of the weight problems. Is it physical, mental or something else? Write one paragraph explaining.

3. Conduct some research on the Internet or at your library to find a method of weight control that you believe has merit. Describe your findings and how you can incorporate the concept into a plan for you or one of your clients:

The concept

The plan

When you've completed the assignment, save this PDF and email it to your coach.