



STRUCTURE OF THE COURSE



Lose 10% of Your Weight in 3 Months with JA METHOD Simplified Calorie Counting

This course is designed to help you learn a flexible, sustainable way of eating. There will be no strict diet. There will be no forbidden food. You will be in control of what, when, and how much you eat based on your weight loss or maintenance goal. During the course, you will have access to a mobile application that will help you to self-monitor and lose weight.

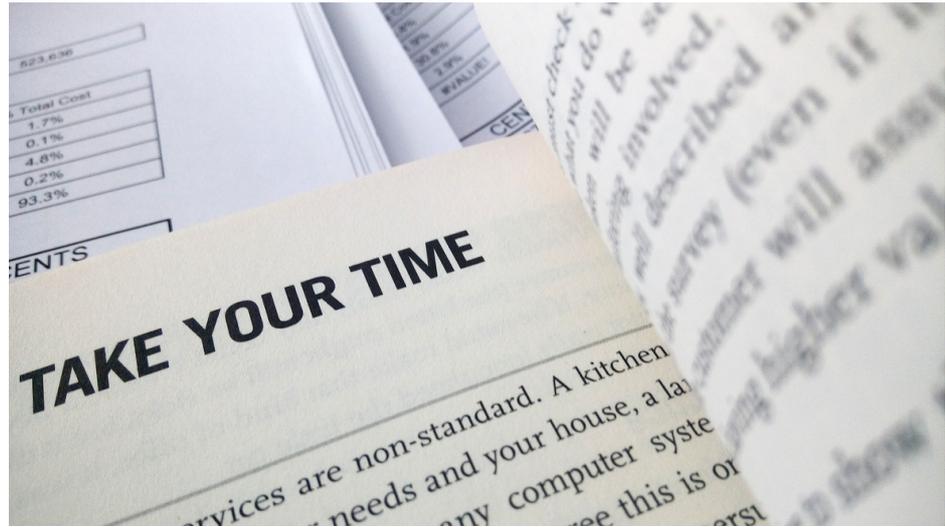
What you will learn:

- 1- Explore the role of motivation, self-regulation, and growth mindset in weight loss and maintenance.
- 2- Identify the various factors that affect energy balance in the body.
- 3- Calculate your ideal weight and plan a healthy achievable weight target.
- 4- Calculate the number of calories in the food you eat using the JA Method simplified calorie counting technique.
- 5- Read a food label.
- 6- Learn behaviors for successful weight maintenance.

Your engagement in the activities is key to success.

Structure of the Course

The course is organized into sections. Each section will provide information about the theme of the section in the form of short readings or videos followed by a required activity. Your engagement in the activities is key to success. In some sections, I will ask you to reflect on the content and post a small paragraph about the content as it relates to you. I will provide personalized feedback on those reflections. In other sections, I post a small quiz as a knowledge check.



Take time to reflect on the information from your own experience and personal life.

Timeline of the Course

There is no time frame for this course or the sections. However, the sections will be unrevealed as you complete each section. Do not rush to complete the sections. Take time to reflect on the information from your own experience and personal life. Reflect on your behaviors, ideas, and beliefs.



About the Instructor

Jumana Antoun is a family physician and clinical weight loss practitioner. I have struggled with obesity ever since I was a teenager. I used to be chocolate addict. I found a method to help me with my weight while still eating chocolate and enjoying the delicious food. The JAMethod is a culmination of my successful personal experience with overcoming obesity along with my medical and scientific knowledge as a family medicine specialist.