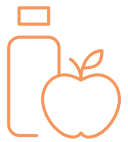


HALT offers the Healthy Lifestyle Program and other evidence-based chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



Healthy Lifestyle Program

The Healthy Lifestyle program is an expanded version of the evidence-based National DPP with an **emphasis on lifestyle and weight management**. Participants will uncover the keys to sustaining well-being and embark on a journey to embrace an evidence-based approach to a healthier lifestyle.

Sample Lessons

- **My Plate and Calorie Balance**
- **Mindful Eating**
- **Weight Loss Plateaus**
- **Grocery Shopping & Meal Planning**
- **Satisfying Cravings**
- **Reducing Stress**
- **Sleep**
- **Hydration**
- **Physical Activity**
- **Heart Health**
- **Smoking**



**50 Online
Lessons**

**This program is
customizable!
You choose the
duration and content
to best serve your
populations.**