

### What is NEW-R?

NEW-R is an eight-week program where participants meet each week for about 90 minutes. The NEW-R program focuses on the concept of “being intentional” about weight loss to improve your overall health. This means that there is an emphasis on making a plan and/or thinking about what you are going to do each day to improve your health.

The plan is based on the following principles:

- Encourages individualized wellness and recovery goals
- Changes in intake (what you eat) make the biggest impact on weight loss
- Being aware of what you eat can have a positive effect on intake
- Physical activity can support changes in diet, help maintain weight loss, and promote other health benefits (for example, cardiovascular health)
- Encourages planned, intentional movement
- Social support is important for weight loss

**I can improve my health!**

There are now several group facilitators and facilitator trainers in our regions. If you would like to participate in a group or facilitate a group, please contact Darius McKinney at

[Darius.McKinney@illinois.gov](mailto:Darius.McKinney@illinois.gov) for more information!

NEW-R is a project of the [UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions](#), funded by NIDILRR and CMHS. Learn more about NEW-R [here](#).



## Nutrition, Exercise and Wellness for Recovery (NEW-R)

**8 Week Program to improve your health! Topics include:**

- I Can Make a Change!
- The ABC’s of Healthier Eating
- Reading Food Labels & Portion Control
- Let’s get Moving!
- Eating Out
- Meal Planning and Thrifty Shopping
- Let’s Get Cooking without All the Fat
- Celebrating Accomplishments and Keeping Up the Good Work

**NOTE:** Each session includes a fun period of physical activity.

**“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.”**

**– John F. Kennedy**