## Right Size for Me: A Weight Management Guide for African American Women Table of Contents

Acknowledgments

Letter to My Sisters

Chapter 1: Your Size Matters

Chapter 2: Setting the Table

Chapter 3: On the Move

Chapter 4: Savvy Sister

Chapter 5: Stepping Out

Chapter 6: Back in Control

Chapter 7: Maintaining a Healthy Weight

## Health Professional's Edition—Right Size for Me: A Weight Management Guide for African American Women Table of Contents

Acknowledgments

**Information for Practitioners** 

Letter to My Sisters

Chapter 1: Your Size Matters

Chapter 2: Setting the Table

Chapter 3: On the Move

Chapter 4: Savvy Sister

Chapter 5: Stepping Out

Chapter 6: Back in Control

Chapter 7: Maintaining a Healthy Weight

Additional Forms/Client Education

Exercise Log

Sample Menus

Sample Shopping List