

State of Slim Everybody X NCHPAD

State of Slim (SOS) Everybody is a 16-week program encouraging sustainable weight loss through a science-backed dietary approach, personalized guidance and group support. Available only through NCHPAD Connect! Currently we are accepting spots for 2026 and 2027.

Program Design

Our science-backed program emphasizes sustainable behavior change through weekly group sessions led by certified coaches..

Mindset & Support

We prioritize mindset development with practical exercises to ensure lasting behavioral changes. Personalized guidance and group support from our certified coaches foster accountability and motivation.

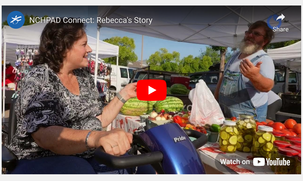
Proven Results

Committed participants typically achieve an average weight loss of 10.47% by the 16th week. You'll receive a comprehensive wellness kit, equipping you with the necessary tools for success on your health and wellness journey.

Transformative Programming

SOS Everybody, an adapted version of State of Slim, is 16 weeks long and includes diet phases and exercise guidance. Weekly classes are led by trained coaches, and participants receive handouts and wellness materials. The program targets increased weight gain risks in people with physical disabilities and aims to reduce pain, minimize chronic disease risks and improve overall quality of life.

Secure your spot!









A New State: State of Slim

The goal of this program is to encourage sustainable weight loss through a science-backed dietary approach, personalized guidance and group support.

- **Weekly Classes:** Join our group sessions led by expert coaches. With up to 20 participants per class, SOS Everybody is a supportive environment for learning and growth.
- **Three-Phase Diet Plan:** Forget calorie counting. Our program focuses on portion control for a healthy relationship with food and sustainable eating habits.
- **Move Your Body:** Our program features exercise guidelines that fit various fitness levels and schedules, encouraging consistent progress.
- **Wellness Box:** Participants get a kit packed with resources and essentials to support their journey to better health, during and after the program.

Frequently Asked Questions

What is SOS Everybody?

SOS Everybody is an adapted rendition of the renowned State of Slim program, spanning 16 weeks and encompassing structured diet phases and exercise guidance. Led by skilled coaches through weekly Zoom sessions, participants receive comprehensive handouts for seamless program navigation.

This tailored program specifically addresses the amplified risk of obesity among individuals with physical disabilities, recognizing its correlation with heightened pain, greater susceptibility to chronic diseases, and reduced health-related quality of life. Weight loss serves as a pivotal pathway to improve these outcomes, rendering SOS Everybody an exceptional choice for those pursuing enhanced health.

How much does the program cost?

No cost to you! While we give you the diet plan, we do NOT provide you with your food for free. You are responsible for purchasing and preparing your own meals.

What is the time commitment?

You have one weekly group class per week which can be up to 90 minutes in length. You will also have to spend time on your own completing assignments for the class and completing the diet and exercise components of the program. This would include things like reading the book, completing homework assignments, meal preparation, and exercise.

How do I sign up for SOS Everybody?

First you need to join NCHPAD Connect. Once you join NCHPAD Connect and fill out our questionnaire, our team will work with you directly to get you enrolled.

How is the program delivered?

We use the "Healthie" platform for this program. Classes are virtual so you can participate from anywhere. Classes will be held via a Zoom link which you will see in the Healthie portal.

Can the program be adapted to my mobility needs?

Yes! Much of the content has already been adapted for different mobility needs, including the provided exercise and diet materials. Staff is also trained to work with individuals with a variety of disabilities and can make adjustments as needed.

How much weight are people losing?

This really varies from person to person. Some people have lost more than 15% body weight, while others do not lose nearly as much. On average, participants are losing between 8-10% of their initial body weight. So, if you weigh 200 pounds at the start, that would mean losing between 16-20 pounds. If you follow the program, you should see good results however, as with any program weight loss cannot be guaranteed.

What is sent in the welcome box?

The box contains a weight scale (standard scale or wheelchair scale provided as needed), the SOS curriculum, a binder, the SOS book, some food samples, a protein shaker bottle, and a small vegetable spiralizer. In addition, if you did not participate in the MENTOR program, you are also provided with a set of resistance bands.

What is the homework in the program?

The homework in the program is designed to help you create a better physical, social, and mindset environment to help with weight loss. Sometimes this includes completing worksheets, reading the provided book, completing food logs, or other assignments.

Need Help Getting Started?

Have questions about NCHPAD? We're here to help!

Contact Us

NCHPAD Connect

NCHPAD is working to improve participation and access to health promotion opportunities, programs and resources through NCHPAD Connect.

Learn More

The National Center on Health, Physical Activity and Disability is headquartered at the University of Alabama at Birmingham (UAB) School of Health Professions.

The National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice center providing inclusive health promotion programs and resources for people with disabilities. NCHPAD is funded by the Centers for Disease Control and Prevention (CDC), National Center on Birth Defects and Developmental Disabilities (NCBDDD), Division of Human Development and Disability, Disability and Health Promotion Branch, Grant #NU27DD000022. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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