



Session 14: Take Charge of Your Lifestyle

So far, you have learned:

1. Many facts about healthy eating and being more physically active.
2. What makes it hard to change long-standing lifestyle behaviors.
3. Ways to take charge of what's around you (such as cues, thoughts, social situations and more).

We want to keep supporting you.

We want to make sure that your behavior changes work for you, not against you.

So, what lies ahead?

- Ongoing support.
- Learn and practice ways to reach (or maintain) your personal eating, activity, and weight goals, even when it is hard.
- Keep building healthy and positive lifestyle habits.
- Solve problems with fellow group members and other important people in your life.
- **Become *your own* Lifestyle Coach.**

Attendance matters.

- Many research studies, including the DPP, report that **continued contact makes it more likely that you will succeed.**
- Continued contact makes it more likely that you will keep your lifestyle behavior change goals on “the front burner”.

Physical activity matters.

- Maintaining a physically active lifestyle is **a key part of healthy living and aging**. Those who commit to staying active typically have better health, physical function, greater independence, and improved quality of life over their lifespan.
- Activity **helps with weight loss and weight maintenance**. Research studies suggest that those who monitor and maintain regular physical activity tend to eat a healthier diet. Many studies have also shown that remaining physically active (or better yet, increasing the total amount of physical activity minutes performed per week) can help with long-term weight-management. Activity and long-term weight-management go hand in hand.

Group sessions matter.

- They are a great place to talk about challenges and slips, find better ways to tackle problems, and make new plans.
- The group can support you in achieving and maintaining your weight and physical activity goals.

Why do group sessions matter? They:

- Provide structure and a checkpoint (“be accountable”) for your weight, healthy eating and physical activity progress.
- Strengthen the self-management skills you have already learned.
- Offer **new strategies for long-term success**.

Whether or not you have reached your weight and activity goals, we will talk about ways to “get there from here”.

The ultimate goal of GLB TBI is to help you build skills that last a lifetime.



Long Term Weight Loss Maintenance: Who succeeds? How do they do it?

You may have heard that no one is successful at keeping weight off. Here are two examples showing that long-term weight loss is possible.

The **National Weight Control Registry (NWCR)** was started by obesity researchers Rena Wing, Ph.D. and James O. Hill, Ph.D. in 1994. The registry surveys people in the US who have succeeded at weight loss maintenance in an effort to learn more about their habits.

The **NWCR** has tracked over 10,000 adults who lost at least 30 pounds and kept it off for at least one year.

Results show that the average participant:

- Maintained their weight loss for over five years
- Ate a diet that was low in calories and fat
- Ate the same way on weekdays and weekends
- Watched less than 10 hours of TV per week
- Exercised often, mostly walking

The **NWCR** also found that the majority of people surveyed weighed themselves at least once a week, and ate breakfast every day.

The **U.S. National Health and Nutrition Examination Survey (NHANES)** suggests more good news. This survey included over 14,000 adults, of all races and ethnicities.

NHANES reported that people who had ever been overweight or obese and had lost weight:

- Had an average weight loss maintenance of 5% from their highest lifetime weight
- One in three adults kept their weight off for at least one year



Weight Loss Plateaus

After a period of steady weight loss, there may be times when the scale will not budge.

- This can last a few days or a few weeks, despite your best efforts.
- This is common and frustrating, but there are ways to cope.

The biological and behavioral reasons for weight loss plateaus are complex.

Theory and research suggests:

- Biological factors that helped our ancestors survive in ancient times may have something to do with it.
- The less you weigh the fewer calories your body needs to maintain the new, lower weight. A smaller body generally burns fewer calories than a larger one, just as smaller cars burn less fuel than larger ones.
- Motivational plateaus are common after many months of keeping track of eating and activity carefully. You may be having more slips.

Do not give up (or beat yourself up). We will focus on the behaviors that you **CAN** modify. Try any of the following:

1. Work on “calorie creep”. Be mindful of your calorie goal. You may want to go lower for a short period (but not less than 1200 per day).

- Research shows that people often underestimate how much they eat and drink by about 300 – 500 calories per day.
- Bring back the measuring cups and spoons for accuracy.
- Record everything, including “bites, licks, and tastes”.
- Limit eating out for a while. Restaurant portions are large and it can be difficult to keep track of calories.

2. Focus on both structured and spontaneous physical activity. Add a few days of resistance training to your weekly routine.

- Research shows that people often overestimate the amount of structured exercise they do.
 - Record daily activity.
 - You may want to set your sights beyond 150 minutes of moderately intense aerobic activity (brisk walking) per week if you are able.
 - Exercise is one of the best ways to boost your long-term weight loss maintenance.
- Research has shown that there are many good reasons to do resistance (“strength”) training. As discussed in Session 13:
 - It is good for overall health and can help you maintain an independent lifestyle as you age.
 - Strength training counters the muscle loss that can happen as you lose weight and help with weight management.
- Focus on sitting less at home, work, and play. If you move very little in your daily routine, your weight loss will slow down.
- To sum it up—keep moving in whatever way you can as often as you can.

3. Manage stress and get adequate sleep.

- Practice belly-breathing, meditation, prayer, yoga and other relaxation techniques to decrease stress and avoid eating or being inactive in response to stress.
- Research shows that good sleep can reduce stress and may help with weight control by regulating the hormones that affect metabolism and appetite.

4. Balance your thoughts. Think of signs of progress that don't involve the scale.

- Do your clothes fit better?
- Do you have more energy?
- Do you have better self-esteem or confidence?
- Has your glucose, blood pressure, and/or cholesterol improved?

5. Practice motivational strategies and positive imagery.

- Get a mental picture of yourself being more fit and weighing less.
- Visualize yourself preparing and eating healthy foods.
- Visualize yourself doing physical activities that you like to do.

Take charge of your long-term lifestyle self-management.

- Maintaining contact with GLB will improve your chances of meeting your weight loss and physical activity goals.
- The more often you reach these healthy lifestyle goals now, the more likely you are to continue meeting those goals when GLB ends.
- In other words, "Nothing breeds success like success."

What does "taking charge of your lifestyle" mean to you?

The bottom line:

If you have had success, you are still a success.

Remind yourself often of all the great things you have accomplished on your journey to better health.



We Will Continue to Work Together as a TEAM

We will count on you to:

- Keep coming to sessions (and let us know when you can't so we can make a plan for you to get materials).
- Do your best to keep reaching your eating and physical activity goals. That includes practicing on your own what you have learned at group meetings.
- Keep track of your eating, activity and weight according to the plan you made in Session 12.
- Pay close attention to the things in your life that help or hurt your ability to stick to healthy lifestyle behavior change.
- Share some of your challenges at the group sessions so that everyone can benefit and work on ways to be more successful.
- Keep at it (even when the slope gets slippery).



You can count on us to:

- Continue providing information, tools and coaching support to help you succeed over the long haul.
- Believe you can be independent and successful.
- Always "hang in there" for you.

Renew Your Commitment.

Based on what we have discussed today, and my desire for lifestyle self-management, I commit to attending ongoing GLB sessions. I will work with my lifestyle coach and fellow group members in the ways described above.

Signed: _____ Date: _____

Lifestyle Coach: _____



Group Lifestyle Balance: Resistance Training Review

You have been introduced to the importance of resistance training.

Here is a reminder of the many benefits of resistance training:

- Helps prevent diabetes
- Prevents muscle loss with aging
- Help maintains strong bones
- Reduces risk of injury
- Prevents loss of muscle mass during times of weight loss
- Helps to maintain well-being and physical independence

How has it been going with adding resistance training to your routine?

- Have you been able to try the exercises on your own?
- Are you recording it?
- Are you having trouble with any of the exercises?
- Do you have any questions or concerns?

As you move forward in the program, we strongly encourage you to make resistance training a key part of your activity plan. Aim to:

- Complete the exercises on at least 2 non-consecutive days per week.
- Keep track of your progress in the GLB Resistance Training Log or other method.
- Turn your log in to your coach at the next session.
- **Always keep it safe.**



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Keep moving throughout the day.

What's New:

- Why is it important for you to keep coming to the group meetings?

- Review "Weight Loss Plateaus" on pages 4-6. What are you willing to do?

Session 14: Resources

When You Reach Your Goal Weight



When You Reach Your Goal Weight

Congratulations.

Plan for weight maintenance:

Goal Weight: Decide on a 5-pound weight range you will stay within.

Calories: Find the calories you need to maintain your weight.

It is important to keep track of your eating and activity during your calorie adjustment experiment.

Calories	Fat Grams
1200	33
1500	42
1800	50
2000	55
2200	61
2500	69

Be active: Continue to exercise at a moderate intensity for at least 150 minutes per week. This is a key factor in weight maintenance.

Weigh in: Weigh yourself at least once per week.

Plan to stop weight regain:

If you reach the upper limit of your 5-pound target weight range, **take action right away.**

My plan to stop weight regain:

- Record eating and activity every day.
- Measure foods and beverages.
- Follow a lower calorie and fat gram goal.
- Be active for at least 150 minutes per week.
- Other: _____