



## Group Session 1

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"> <li>■ Self-monitoring</li> <li>■ Eating awareness</li> <li>■ Moving more</li> </ul>
<b>Participant Behavioral Strategies</b>	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> <li>■ Keep records of what they eat and how much they exercise</li> <li>■ Begin to form social bonds with other group members</li> </ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"> <li>■ Welcome participants to the study, discuss study goals and establish expectations</li> <li>■ Encourage success by outlining reward system</li> <li>■ Explain and discuss weight loss mechanism</li> <li>■ Facilitate and encourage getting started with exercise and self-monitoring</li> <li>■ Review and discuss the use of the Calorie Counter and Food and Fitness Diary</li> </ul>
<b>Handouts</b>	<ul style="list-style-type: none"> <li>■ Welcome to Weight-Wise</li> <li>■ My Goals and Caloric Needs Report</li> <li>■ Looking Inside Me</li> <li>■ DASH Eating Plan</li> <li>■ My To Do List</li> <li>■ Food and Fitness Diary (FFD)</li> <li>■ New Leaf Module Handouts: "Tip the Calorie Balance" and New Leaf section "A Healthy Weight"</li> </ul>
<b>Other Materials</b>	<ul style="list-style-type: none"> <li>■ Introduction cards with questions</li> <li>■ Incentive point system cards</li> <li>■ Scale with "weights"</li> <li>■ Post-It easel pad (to write agenda, group responses, parking lot items)</li> <li>■ Incentive for Session #1</li> <li>■ Recipe for Salsa, Low-fat Ranch Dressing, and Tortilla Chips</li> <li>■ Calorie Counter booklet</li> <li>■ Sample Participant Feedback Report</li> <li>■ Taste It Supplies</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>■ DASH Diet <a href="http://dashdiet.org/health_links.htm">http://dashdiet.org/health_links.htm</a></li> <li>■ Dietary Guidelines for Americans <a href="http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm">http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm</a></li> <li>■ Calorie Counter <a href="http://www.calorieking.com">http://www.calorieking.com</a> or <a href="http://www.amazon.com">http://www.amazon.com</a> (for more calorie counter book options)</li> </ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>CHECK-IN ~30 MINUTES</b></p> <ul style="list-style-type: none"> <li>Introduction and welcome to the program</li> <li>Establish group expectations</li> </ul> <p><b>TRY IT DISCUSSION/ACTIVITIES ~60 MINUTES</b></p> <ul style="list-style-type: none"> <li>Orientation to the program goals using the "My Goals" Worksheet</li> <li>Understanding two key weight loss components: food &amp; physical activity</li> <li>Getting started with self-monitoring</li> </ul>

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How to complete the Food & Fitness Diary

**NEXT STEPS ~30 MINUTES**

Making plans for the week

What to expect in future sessions

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### I. Check-In

#### ■ Introductions

~ 30 minutes

Salsa Recipe for tasting  
Low-Fat Tortilla Chips

#### ■ Introductions

*Congratulations! You have taken steps to improve your health and well-being. Each person here has the ability to make lifestyle changes to improve health. Those changes will be different for everyone. Only you know what your life is like, and only you can choose what to change and how to fit the program tools into your lifestyle so you can lose weight in a way that works for you. We will work together to figure out what works best for you.*

#### ■ Members introduce themselves and discuss why they are here.

- Write the specific questions (i.e. Why did you join? What do you hope to accomplish?) on the board for all to see to keep things moving.
- Consider writing responses on a flipchart or board for the group to see.

Consider breaking the group into small groups (especially for a large group) and have participants introduce themselves more thoroughly. To make this an efficient process, give participants specific instructions on what to talk about. For instance, what is the main reason you joined the program? Ask one member to introduce the members of their group and summarize the reasons for joining. *[Use the cards provided.]*

#### ■ What is the Weight-Wise?

*Let's take a few minutes to review the 'Welcome to Weight-Wise' Handout. Working together we will help you in 3 main areas: become more aware ...[read from the handout...]. Your success in this program is totally up to you. To succeed, we ask that you "show up", share, write down what you eat and your activity minutes, be supportive of the group, and have fun! Of all these, your attendance (showing up) is probably the most important. Let's*

**Your Notes:**

*talk a bit about how we will go about losing weight and then come back to the Weight-Wise goals.*



## II. Try It

- Defining weight loss balance
- Observing program goals
- Self-monitoring

~ 60 minutes

### 1. Weight Loss Balance

- Discuss the components of weight maintenance/gain/loss  
*Discussion Approach for Weight Loss Balance:*
  - *When we gain weight, we are taking in more calories than our bodies need and are able to use.*
  - *The intake of excess calories over time will cause us to gain weight as our bodies have no need to use this extra energy, so it stores it.*
- Demonstrate how both food and activity can contribute to weight gain or weight loss.

*Discussion Approach for Weight Gain/Loss:*

*Let's look at this balance and let me demonstrate what I am talking about. (SHOW ACTUAL BALANCE AND DEMONSTRATE CONCEPT, while referring participant to "Tip the Calorie Balance" in the New Leaf manual).*

*Here we have the calories that we take in, which are from food. On this side, we have the calories that we burn by exercising and moving our bodies throughout the day. In order to maintain our weight, these must be equal. If we want to lose weight, then we need to take in fewer calories, move more or both.*

**Distribute New Leaf Handout: "A Healthy Weight."**

### 2. Observing program goals

- **Orientation to Program Goals and "My Goals" Worksheets:**

*Discussion Approach for Study Goals:*

*Let's move on now to talk about the specific goals of the program so you can begin to think about your personal goals. Today, we'll cover this information in general, but over the course of the next few group sessions, we will address each item in more detail.*

*Goals:*

1. **Lose 10 pounds** in 4 months by eating less and moving

**Your Notes**

*more*

- *Eat less calories and more fruits and vegetables*
- *Be active for at least **30 minutes a day on 5 days of the week***

- Introduce, distribute, and review the “My Goals” worksheet.
- Distribute the DASH Eating Plan.

Discussion Approach for DASH:

*Mention that the eating pattern we will recommend is based on the DASH Eating Plan with some small changes. DASH focuses on eating more fruits and vegetables – these not only help with weight loss, but with controlling blood pressure and reducing heart disease and cancer risk. **Refer to handout and let them know that we will discuss it at another session.***

*●As we review each guideline, we will discuss why it is an important guideline. I want you to think about where you currently are with this behavior (your eating habits) and what might be your first step in working towards this goal.*

*●Ask:*

- *“Why is this guideline important?”*
- *“What might be our reasons for recommending this to you?”*

After reviewing the guidelines, have participants brainstorm about possible first steps to losing weight.

Have participants fill out “Looking Inside Me”.

- Debrief and consider having group brainstorm on potential ways to overcome barriers.

### 3. Self-monitoring

- Getting started with self-monitoring
  - a. Introduce and distribute the Food and Fitness Diary (FFD).
    - Orient participants to the FFD, explain the layout and format of the book.

Discussion Approach for FFD:

*This program has a tool called the “Food and Fitness Diary.” We will make this available to you to use each week. There are different ways to keep track of your foods. We’ve found from doing many of these types of programs, the best way for participants to track what they eat is by using a method that they have come up with themselves.*

***What will work best for you to keep track of all the foods you eat every day?***

- ***Why will this method work?***
- ***What do you need for this to happen?***

- Set up specific expectations about attendance and self-monitoring.

Discussion Approach for Self-Monitoring:

*There are two things associated with successful weight loss in programs like this – attendance and self-monitoring. We have talked about the importance of attending, now we will spend some time talking about self-monitoring.*

- *How many of you have kept a food diary in the past?*
- *I’m hoping a few of you would tell us about your experience.*
- *What effect did keeping records have on your eating patterns?*
- *What about your exercise?*

- Discuss self-monitoring and record-keeping (pros and cons)

Discussion Approach for Self-monitoring:

*Self-monitoring is a key component of success in this program. We know that writing down what we eat is the most useful tool to weight loss success. I encourage you to make a plan for writing down all the food you eat and beverages you drink every day between now and the next time we meet.*

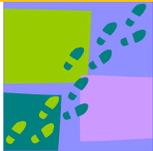
- *What do you think?*
- *What are the pros and cons of self-monitoring?*

List the Pros and Cons on the flip chart.

- Explore feelings about record-keeping (negative and positive)  
List feelings that were positive and negative on flip chart:
  - *What are the pros and cons of record keeping?*
  - *What feelings come up for you when you think about this?*
- Solicit commitment for keeping records.
- Solicit “change talk” and reflect/highlight positive statements.  
*What will work best for you in keeping track of your foods everyday?*
  - *Why will this method work?*
  - *What do you need for this to happen?*
- Introduce Calorie Counter and provide general guidelines for use.

Discussion Approach for Calorie Counter:

*We are also passing around a **Calorie Counter**. This is a very useful tool in trying to track how much you are eating as each of you received a recommended calorie goal in order to achieve the weight loss you want. We believe that the sooner you start becoming aware of how many calories a day you are eating, the sooner you will be able to make changes and meet your target calorie level. One of the components that will help you look up your calories is knowing how much you are eating. We will have an in-depth session dealing with portion and serving sizes a few weeks from now, but in the meantime, you can refer to Calorie Counter examples of a serving size.*



### III. Next Steps

- Tracking
- Exercise
- Future Sessions
- Summary
- Next Week

~ 30 minutes

## 1. Tracking

Track foods and physical activity for the week:

- Discuss having realistic expectations.
- Use the natural enthusiasm of starting something new to help participants get in the habit of making an action plan.
- Recognize and discuss skepticism (if needed).

Discussion Approach for Tracking:

*At this time, we will not ask you to write down your calories. Some of you may first want to become comfortable with keeping the diary everyday. However, feel free to look up the calories of foods and become comfortable with this book. Some of you may already feel comfortable with writing down calories, so go right ahead!*

*What will help you do this? (Keep your diary handy in your purse? Or at your desk?) For this week, try writing down the food or beverages you ate and the amount. This, in and of itself, has a powerful effect on our choices and behaviors.*

*In a few weeks, you'll get a chance to find out more about the food you wrote down, like what food had the most calories, and what foods might surprise you about how healthy they really are, so be sure to bring your records with you to our next group session.*

*In fact, next week we'll be going over the program's data collection form\* and we'll be putting onto that form the information from the Food and Fitness Diary records you keep this week. This will be something you'll do at every group session and from that information, we'll be able to give back to you a graph like this (show example of Participant Feedback Report) that will show your progress every 5 weeks. What questions do you have?*

**\*NOTE: You will need to decide how you will collect the**

## Your Notes

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*information from your participants (weight, physical activity minutes/week, #records/week)*

**2. Exercise**

a. Review importance of moving more.

Discussion Approach for Moving More:

*Besides keeping records, what else do you think might be key to weight loss success?*

*Is someone willing to share his or her own experience with physical activity?*

*What types of physical activity do you currently do?*

*What have you done in the past that you might consider doing again?*

***If you were going to do (more) exercise, what might that be?***

*When would you do it?*

*What does that look like?*

*I'd like to give you just a little information about physical activity; we'll talk more about physical activity in future sessions.*

*In general, walking is a great place to start (or continue). It is hard to get injured and you don't need special equipment or memberships.*

*You do need some sturdy shoes, a safe place to do it, and maybe a friend to walk with (for motivation and support), but that's about it. We recommend you talk to your doctor about any new physical activity.*

*Be sure you start slow, especially if you are new to exercise or if it has been a while since you did physical activity. Your current fitness level will help you determine how fast you can/should walk to get some benefit. In general however, walk fast enough so that it is hard to sing or whistle, but not so fast that you are out of breath and cannot talk.*

*Another way to make sure you are walking at a good pace is to take your heart rate – we'll show you how to do that next week. Our*

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- = *recommendation for this week is that you get out and start moving.*
- = *Start slowly; focus on getting at least 5 days a week for 10-15 minutes.*
- = *Frequency is a good place to start; duration will come with time. What*
- = *do you think of these recommendations? What questions or concerns*
- = *do you have? What goal will you set for yourself this week?*
- =
- = b. Discuss how to track physical activity minutes. Discussion Approach
- = for Tracking Physical Activity:
- = *The program goal is **150 minutes** of physical activity per week (that's*
- = *five sessions of 30 minutes). This is a goal to work toward. If you are*
- = *just starting out, it is a good idea to first focus on frequency of*
- = *exercise, like getting out most days and getting into a habit of exercise,*
- = *then build up total minutes (or duration) to the program goal of 150*
- = *minutes per week. What questions do you have about the program*
- = *goal?*
- = ***I encourage you to plan for doing exercise this week and keeping***
- = ***track of how much you do. What might be possible for you to do***
- = ***this week?** What do you think? How will you make this happen?*
- =
- = *What are some of your thoughts about how you might start*
- = *accumulating minutes of physical activity? What might you do to reach*
- = *your activity goal?*

= **3. Future Sessions**

- = What to expect from future sessions:
- = a. Discuss the general schedule of doing exercise as a group
- = (approximately every other week, starting with next week).
- = b. Set up the expectation with the group that this is a part of the
- = program and an expectation of being a group member.
- = Discussion Approach for Group Activity:
- = *Physical activity is an important part of weight loss. We will include*
- = *physical activity into half of the group sessions, beginning next week.*

The purpose of these group exercise activities is to help you build confidence in your ability to exercise; to give the group time to exercise so they can count it in their records, and to give you some social time together. Examples of exercise we'll do together include: group walks, low-impact aerobic activities, etc. We recommend that you dress appropriately for doing exercise (wear comfortable shoes and clothing). We also encourage you to participate at the level you feel comfortable. This is not a competition – it is time to have fun moving together. How do you feel about including exercise at the sessions? What would you like to do?

**It is important that we support each other in this program goal and have as many people participate in the group exercise as possible.**

**4. Summary**

Show appreciation for each person's contribution to the program as well as positive reinforcement for taking an active role in personal health.

**Refer to the New Leaf Manual – “Healthy Weight” section, for additional information (encourage them to thumb through section, especially the first few pages).**

**5. Next Week**

- Self-monitoring and what to expect next week
- Write down all the food and beverages you eat each day
  - Write down all the minutes of exercise you do this week
  - Bring (or wear) walking shoes and wear comfortable clothing next week.
  - Bring back your completed Food and Fitness Diary





## Welcome to Weight-Wise!

We are excited you have chosen our program to help you lose weight and keep it off. During the next 4 months (when we focus on losing weight), we will help you...

- Become aware of any eating or activity habits that are keeping you from losing weight
- Make the changes that *you want* to make
- Find ways to keep you excited about losing weight

### In return, you will be asked to ...

- Come to each session with a smile and be happy to share your thoughts and feelings
- Be ready to write down what you are eating and how much physical exercise you are getting every day
- Support other group members, be open to new ideas, work hard and most importantly, **HAVE FUN!**

Together, we **CAN** accomplish our goals!

### GOAL

You can lose **10 pounds** in 4 months by eating less and moving more

- Eat less calories and more fruits and vegetables
- Be active for at least 30 minutes a day on 5 days of the week

# My Goals and Caloric Needs

GOALS	TODAY	4 MONTHS FROM NOW
<p><b>Lose Weight</b></p> 	<p>Today, my weight is _____</p>	<p>If I lose 10 pounds, my weight will be _____.</p> <p>I want to lose _____ pounds in 4 months.*</p>
<p><b>Eat Less Calories</b></p> 	<p>I need about _____ calories each day to stay at my current weight</p>	<p>To lose 1 pound each week, I need to eat about _____ calories every day.</p> <p>To lose the weight I want, I will need about _____ calories every day.**</p>
<p><b>Move More Often</b></p> 	<p>Right now, I do some type of physical activity on _____ days of the week for about _____ minutes each time.</p>	<p>In 4 months, I will move at least 5 days a week for 30 minutes each time.</p> <p>When moving, I need to make sure that I am breathing faster and feeling warmer than normal.</p>

\* It is unsafe to lose more than 2 pounds each week. During the 4 months of this program, the most weight we recommend you lose is 32 pounds.

\*\* Most people need at least 1200-1500 calories every day to keep the body working well



## Looking Inside Me

Why I want to participate in this program...

Reaching my goal will help me and those around me by...

The things that may make it hard for me to reach my goals...

To help me succeed, I will...

# DASH Eating Plan\*



Food Group	Daily Servings	Serving Examples
Fruits	3-4	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ¾ cup (6 oz) fruit juice
Vegetables	4-5	1 cup raw leafy vegetables ½ cup cooked vegetables 6 oz (¾ cup) vegetable juice
Low-fat dairy foods	2-3	8 ounces, 1%, 1/2 % or skim milk 1 cup low fat yogurt or cottage cheese 1 ½ oz. low fat cheese
Grains	4-6	1 slice bread (whole grain) ½- 1 cup ready-to-eat cereal ½ cup cooked rice, pasta, cereal
Meat, chicken, turkey and fish	1-2	<b>3 ounces</b> cooked <b>lean</b> meats, poultry, or fish
Nuts, seeds, and beans	3-4 weekly	¼ cup nuts or 2 tablespoons nut butter 1 tablespoon or ½ ounce seeds ½ cup cooked dried beans
Fats and oils	<b>6 teaspoons</b> (or 2 Tablespoons)	1 teaspoon soft margarine, mayonnaise or vegetable oil <i>2 tablespoons light salad dressing</i>
Sugared drinks, sweets	<b>0</b> (limit to a few times weekly)	1 tablespoon sugar 1 tablespoon jelly or jam ½ ounce (10 small) jelly beans 8 oz (1 cup) lemonade

\* Servings based on 1600 calories. Number of servings adapted for vegetables, grains, and fats and oils.

DASH stands for **D**ietary **A**pproaches **S**top **H**ypertension. The DASH eating plan was proven by scientists to be a healthy way of eating that can lower blood pressure.

The DASH eating plan is shown in the table above with recommended number of servings for each food group. The best way to follow the plan is to start slowly

- ▶ Write down all foods you eat and drink for **at least 4 days** each week. Write down how many **minutes you exercise** each day.
- ▶ Writing down the foods you eat and the exercise you do can help you make changes to your lifestyle habits.
- ▶ Keeping records helps you know what you are doing now and help you look at the changes you can make.

and stick to one food group at a time. Set small goals each week and follow your plans. Then make changes steadily (little by little).

# Fresh Tomato Salsa

- 1 ½ pounds ripe tomatoes, diced (or 3 cups canned diced tomatoes, drained)
- ½ cup minced red onion
- 1 small garlic clove, minced (1/2 teaspoon)
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt
- pinch of ground black pepper
- 2-6 teaspoons juice from 1-2 limes
- sugar or splenda to taste (up to one teaspoon)
- optional: jalapeno chiles

Drain tomatoes for 30 minutes. Add rest of ingredients.

Serving Size: ½ cup. Recipe makes 3 cups.



**Nutrition Information Per Serving:** Calories 35  
Cholesterol 0 mg  
Protein 0 g

Carbohydrates 9 g  
Total fat 0 g Sodium ~200

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Cholesterol 0 mg

Carbohydrates 9 g

## Low-Fat Ranch Dressing

3 tablespoons buttermilk  
1 tablespoon reduced-fat mayonnaise  
1 tablespoon white vinegar  
2 teaspoons minced onion or 1 scallion, minced  
1 teaspoon dried parsley or other herbs  
dash garlic powder  
dash onion powder

In a small bowl, blend together all ingredients.

Serving size: 2 tablespoons



**Nutrition Information Per Serving:** Calories 35      Carbohydrates 1 g      Cholesterol 2 mg  
Protein 1 g      Total fat 3 g      Sodium 75 mg

## Low-Fat Ranch Dressing

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**Nutrition Information Per Serving:** Calories 35      Carbohydrates 1 g      Cholesterol 2 mg  
Protein 1 g      Total fat 3 g      Sodium 75 mg

# My To Do List

- **Write down what I had to eat and drink** in my Food & Fitness Diary
- Write down how many **minutes of physical activity** I get each day
- **Bring Food & Fitness Diary** to the next group session
- **Wear comfortable shoes and clothes** next week



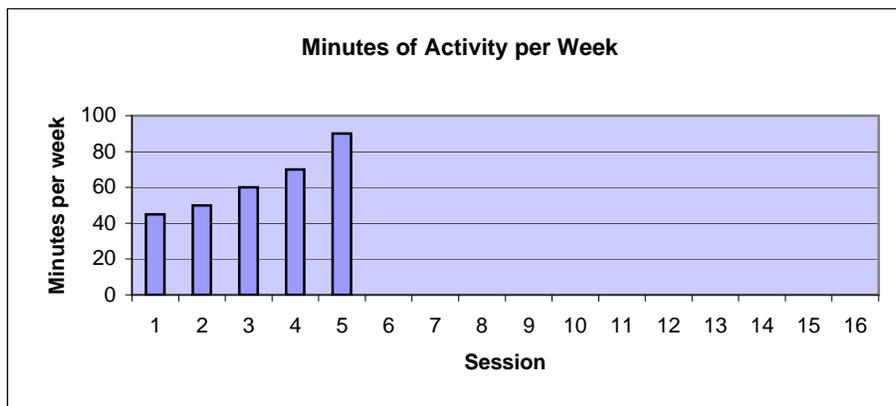
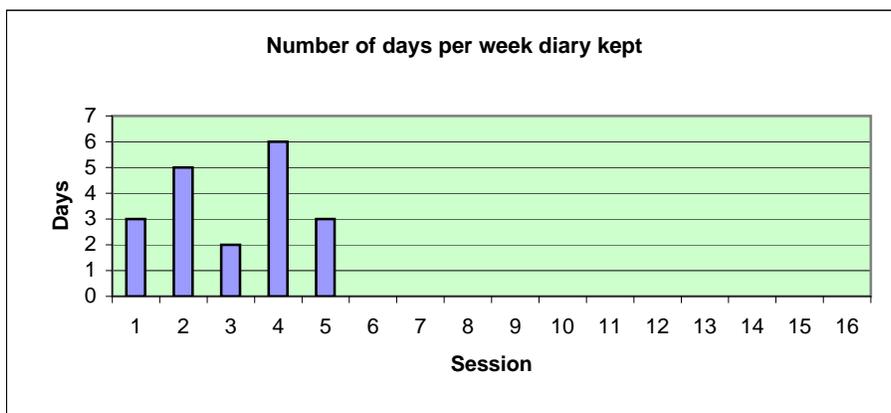
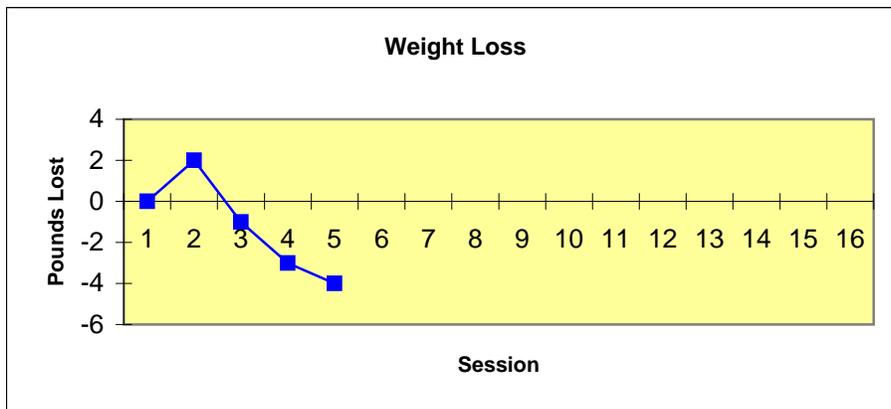
**Next Session ...**

**Move it to Lose it!**

Participant Name: Jane Doe

Participant ID: 123-4

Session	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Attendance (1=yes, 0=no)	1	1	1	1	0											
# of days diary kept/week	3	5	2	6	3											
# minutes activity/week	45	50	60	70	90											
starting weight (lbs)	250	250	250	250	250											
current weight (lbs)	250	252	249	247	246											
weight lost (lbs)	0	2	-1	-3	-4											



- Introduce your partner by telling the group ...
1. Her name
  2. 2 things you learned about her from the 5 questions you asked.

Introduction:



## Weight-Wise Session #1

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1. Share one thing about your family or yourself.
2. Why did you decide to lose weight?
3. If you woke up a **millionaire** tomorrow, what would you do?
4. What has been your greatest accomplishment?
5. Finish this sentence: People might be surprised to find out that I \_\_\_\_\_.

Notes: \_\_\_\_\_

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