



## Group Session 14

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"> <li>■ Relapse prevention</li> <li>■ Problem solving</li> </ul>
<b>Participant Behavioral Strategies</b>	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> <li>■ Practice self-management techniques in preparation for maintenance</li> <li>■ Post their personal rules/behaviors on the refrigerator or another visible place</li> <li>■ Observe lifestyle for behaviors that may be hard to maintain and create rules and a plan to prevent relapse</li> </ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"> <li>■ Participate in an exercise activity</li> <li>■ Discuss characteristics of people who successfully lost weight</li> <li>■ Review their own self management technique</li> <li>■ Determine their calorie needs for maintenance</li> <li>■ Identify high-risk situations that could lead to return of old habits and create a plan for preventing relapse</li> <li>■ Create personal rules or boundaries for eating while maintaining weight</li> </ul>
<b>Handouts</b>	<ul style="list-style-type: none"> <li>■ What's Your Secret</li> <li>■ Breaking Bad Habits</li> <li>■ My Five Rules</li> <li>■ My Action Plan for the Week</li> <li>■ Food and Fitness Diary (FFD)</li> <li>■ New Leaf Module Handout "Success Stories"</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>■ <a href="http://www.nwcr.ws/">http://www.nwcr.ws/</a></li> </ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>CHECK-IN ~20 MINUTES</b></p> <p><b>DO IT! ~40 MINUTES</b></p> <p><b>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</b></p> <ul style="list-style-type: none"> <li>Negative thoughts</li> <li>Negative emotional states</li> </ul> <p><b>NEXT STEPS ~20 MINUTES</b></p>



### I. Check-In

- Negative thoughts and feelings
- Use of positive affirmations

~ 20 minutes

#### ■ Check- In

Sample discussion approach:

*Last week you made a plan to start using positive affirmations and to stop the negative thoughts and feelings. Would someone share her positive reaffirmation with us? Did it work? Were you able to more often identify negative thoughts after last week? Did noticing the negative behavior change your actions? Were you less likely to act out or take these feelings out on others? How many people were surprised at how often you had negative thoughts? How do they make you feel?*

Your Notes:



### II. Try It

- Maintaining a healthy weight (**"Be a Successful Loser"**)
- Identifying high-risk situations and preventing relapses
- Plan for weight management (**"Identifying High Risk Behaviors"; " My Five Rules"**)

#### 1. Maintaining a healthy weight

- Discuss what works in maintaining a healthy weight
- Introduce concepts from the National Weight Control Registry
- <http://www.nwcr.ws/>

Sample discussion approach:

*We've talked a lot about what contributes to successful weight loss and many of you have shared your techniques with us. Let's think about these things again. What has helped you lose weight and keep it off? What has been most helpful for you? Most effective? What do you think will help you continue to manage your weight? You might also think about people you know who have been successful at managing their weight. What do they do? What helps them find success?*

*Scientists have looked at some of the techniques used by individuals most successful at losing and keeping weight off. Let's review some of these characteristics. (Distribute **What's Your Secret?** handout)*

Your Notes

*Refer participants to New Leaf handout "Success Stories" for additional information. The handout can serve as a resource for more information but will not be covered in class.*

~ 40 minutes

*How many of these things do you do? How many can you do? Do you believe that these are successful characteristics?*

*The people most likely to make successful long-term lifestyle changes are those that have the skills and confidence to do so. Maintenance is staying with all the factors that brought you success – like keeping food records, continuing to exercise, managing challenges in new ways, etc.*

**2. Identifying high-risk situations and preventing relapses**

- Discuss potential situations for relapses
- Talk about how to prevent these relapses

Sample discussion approach:

*It is very common for us to experience relapses or weight re-gain as old habits are hard to break. Weight re-gain occurs when people slowly go back to the old habits that brought about an unhealthy weight in the first place. Unless we anticipate our high-risk areas and create some strategies for dealing with them, it is likely that we could slip back into old patterns. Slips are normal and anticipating them can help you handle high-risk situations when they arrive.*

*Let's walk through a few examples. You've given up fast food while on your eating plan for weight loss. It has been months since you have stopped at a McDonald's or Burger King but you are on a road trip with your family and you decide that fast food is the easiest place for dinner. Before you know it, fast food is being consumed more regularly than before. How many people can see this happening? What can you do to prevent this from re-occurring? What if you have no control over where your family stops for dinner? What can you do in this situation? (i.e., order healthier meals) What if you just have to have a burger and fries – what should you order? (i.e., small hamburger with no cheese or special sauce and a small fry – think kid size).*

Relapses generally do not occur overnight. There are various stages of relapse. The first is a lapse which is a small or insignificant slip (think eating a half a bag of cookies one time). The second stage is the relapse where a series of old habits begin to appear (think eating a half a bag of cookies every week). The third stage is the collapse (think eating a half a bag of cookies everyday and then disregarding the rest of your healthy eating and exercise habits). What do you think are the major causes of a lapse? (i.e., life stressors, environmental influences etc.) How many people have experienced some sort of relapse? Can someone share their experience with the group? What can you do to prevent a relapse?

**3. Planning for weight management**

- Identify high risk situations
- Develop rules or boundaries for these situations

Sample discussion approach:

We have already talked about some of the successful characteristics of a 'loser.' But, these all may not work for you. It is important to have your own plan to help you manage your weight. The first step is identifying your high risk situations. (Distribute **Breaking Bad Habits**) Once you are finished filling this out, circle 2 habits or behaviors you are most concerned about resurfacing in the future. Break into groups and brainstorm on strategies to prevent this relapse.

Sometimes it is helpful to have certain personal rules that help you manage your health. As we talked about earlier, there are basic concepts that will help you with your weight-loss or weight-maintenance efforts. They are centered on five basic concepts. The first is ensuring that you are active. The second is recording or monitoring what you are eating and even how much exercise you are getting, think Food and Fitness Diary. The third concept is keeping

*track of your weight. Weighing yourself helps keep you on track and hopefully keeps you motivated. The fourth and fifth concepts deal with diet. Eating a well balanced diet consisting of a variety of fresh foods, minimizing fast food, fatty meats and heavily processed foods, will help you keep the weight off and lose more weight. The last concept deals with how much you are eating. Even if you are eating all the right foods, if you eat too much, you will not reach your goals. Keeping these things in mind, let's take a few minutes to write down some personal rules to live by. (Distribute **My Five Rules**)*

**III. Do IT !!!**



■ Group Walk

~ 40 MINUTES

**Objectives**

1. Increase heart rate
2. Extend the activity session

**Sample discussion**

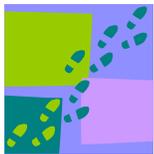
*We have used walking a lot in our Do It sessions because it is something that almost everyone can do. How many of you are regularly walking? Sometimes it makes it easier to walk in a group. Remember the first session where we walked in pairs and then switched? We will do this again today, but this time we are going to walk for 5 minutes before splitting. Also, today we are going to walk for a little longer. Hopefully, you are all in better shape since beginning the program and can increase the duration. During your walk, share with your partner your experience in the program. Share frustrations and successes.*

*Before we begin, let's warm up. Can someone lead us in some warm-up exercises? (Have participants walk and signal when the 5 minutes is up and switch partners. At the end of the 35 minutes, have someone lead the group in cool down exercises).*

Your Notes

*This is our second-to-last group activity. What would you like to do for the last activity? Any ideas? (Take a vote and arrange activity for Session 16).*

**IV. Next Steps**



- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week

**~20 minutes**

**1. Plan for the Week**

Participants write a weekly action plan on the inside cover of the diary in at least the following areas:

- Relapse prevention
- Physical activity links
- Participant choice

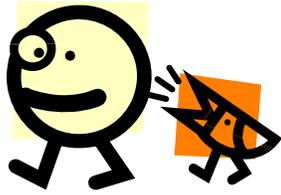
**2. Tracking (Self-Monitoring):**

The recommended tracking for the week is:

- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days.
- c. Keep track of servings of fruits and vegetables each day.
- d. Write down the minutes of exercise above your normal routine.

**3. What to expect next week**

- Staying Motivated!



## What's Your Secret?

Do you know people that have been able to lose weight and keep it off and thought 'how do they do it?' We asked and this is what they said.

"I use both diet and exercise to lose and maintain my weight."

"It is harder for me to just eat a small portion of my favorite foods, so I just try not to eat them at all or only on special occasions."

"I watch the portion size of foods I eat."

"I still eat some of my favorite foods, but I make sure I stay within a certain calorie range everyday."

"To maintain weight, I exercise for at least 210 minutes every week. For me that means walking for 30 minutes everyday."

"I don't let a bad day discourage me and just take it one day at a time."

"I weigh myself once every week and if I have put on a pound I am extra careful that week."

"I try to make healthy choices no matter where I am either at home, at a friends or eating out."

"It is hard sometimes, but it is more important for me to be healthy than it is to eat a piece of cake."

"I constantly set small goals and each time I reach those goals, I plan a special celebration like going to get a manicure."

"When I am feeling discouraged or tempted to eat something unhealthy, I call my sister who helps me remember why it is so important to be healthy."

"I keep a list of my goals and when I feel hopeless I look back at the list and realize how far I have come and then I know I can keep going."

# Breaking Bad Habits

	Example	Habit 1	Habit 2	Habit 3
<b>Bad habits that could creep back into my lifestyle</b>	Eating ice cream everyday			
<b>Triggers for these bad habits</b>	Reward for a hard day's work			
<b>Strategies I have used in the past to deal with this bad habit</b>	Do not have ice cream in the house			
<b>New strategies for preventing recurrence of these bad habits</b>	Eat low-fat frozen yogurt  Go to the ice cream shop and get 1 scoop of ice cream on occasion  Taking a long hot bath  Going for a walk  Calling a friend			

# My Five Rules



Activity Rule: I will walk for 30 minutes at least 3 times a week



Recording Rule: I will keep a record of what I eat for five days



Weight Rule: I will weigh myself at least once a week



Diet Rule: I will eat at least two vegetables everyday



Diet Rule: I will eat breakfast everyday



## My Action Plan for the Week

**GOAL #1:** Preventing relapses

3 strategies to help you prevent relapses
1.
2.
3.

**GOAL #2:** 30 minutes of moderate physical activity on 5 days of the week

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	<b>TOTAL</b>	

**GOAL #3:** Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

Things that may get in my way	How I can make sure they don't
1.	1.
2.	2.
3.	3.

**GOAL #4:** My other goal is:

\_\_\_\_\_

**What I need to do to reach this goal:**

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