



Group Session 15

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| Key Behavioral Strategies | <ul style="list-style-type: none">■ Staying motivated■ Planning Ahead■ Planning for support |
| Participant Behavioral Strategies | Before the next group session, the participants will: <ul style="list-style-type: none">■ Practice strategies for controlled eating■ Post a weekly maintenance checklist in a place easy to see■ Plan new ways to exercise |
| Process Objectives & Session Content | <ul style="list-style-type: none">■ Practice choosing foods wisely■ Discuss how to stay motivated■ Plan for special occasions■ Review ways to continue exercise |
| Handouts | <ul style="list-style-type: none">■ Ways to Stay Motivated■ Special Occasion Handouts■ My Action Plan for the Week■ Participant Feedback Report■ Food and Fitness Diary (FFD)■ New Leaf Module Handouts: "Getting Physically Active" and New Leaf section: "Being More Active Tip Sheets Tips 1-12" |
| Topics/Agenda (2 hours) | <p>CHECK-IN ~ 25 MINUTES</p> <p>DO IT! ~ 30 MINUTES</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~ 45 MINUTES</p> <ul style="list-style-type: none">Staying MotivatedSpecial OccasionsKeep Moving <p>NEXT STEPS ~ 20 MINUTES</p> |



I. Check-In

- Participant Feedback Report
- Strategies for preventing relapses

~ 25 minutes

■ Check- In

Sample discussion approach:

You have all received your last participant feedback report and it is time to reflect on your progress. Have you reached your goals? Do you feel that you are on target to reach your goals? To be eligible to move to the maintenance phase, you need to lose 10 pounds by the end of the 16 week sessions. This progress report is reflective of the first 13 weeks and the target weight loss is 8 pounds.

As we approach the end of these sessions, it is important to think about the things that have helped you reach your goals. How has this program helped you? What practices are you going to take with you after this program? What will you improve on?

Last week, we discussed how we can stay a loser and overcome or try to minimize relapses. Who can tell me the characteristics of a successful loser? How many of these characteristics describe you? How are you going to deal with relapses? Did anyone experience a small set-back this week? How did you deal with it? Did you use positive reaffirmation or think negatively?

We talk a lot in these sessions about talking to yourself and recognizing our problem areas. Why do you think this is important? Do you feel like you are more equipped to solve problems for yourself? Is it easier to find other solutions for your problems instead of eating? What are these strategies? How can you continue these healthy behaviors? What is going to make it difficult? What can make it easier?

Your Notes:



II. Try It

- Staying motivated (“Ways to Stay Motivated”)
- Handling special occasions (“Special Occasion Worksheet”)
- Ensuring your exercise gets done

~45 minutes

1. Staying motivated

- Discuss how to stay motivated

Sample discussion approach:

When you signed up for this program, we assumed that you were all very motivated to lose weight. You wanted to do this to help yourself. Now, you have been in this program for approximately 4 months. Has your motivation changed? Have you become more motivated or less motivated over time? Why is this? Have you realized the results that you wished to accomplish? How has this changed your motivation? Sometimes, negative results can cause us to lose our motivation. We feel that we are not doing as well as we had hoped or you will never be able to reach your goal. This is the type of negative thought process we have talked about the last few weeks. What can you do in this situation?

On the other hand, if we are able to meet our weight loss goal, we may be less motivated to continue our exercise and healthy eating habits. This can be counterproductive as it is our old habits that caused problems in the beginning.

*Nevertheless, it is important that we stay motivated to live healthy lifestyles. But how can we maintain this motivation? (Distribute **Ways to Stay Motivated** and discuss).*

2. Special Occasions

- Discuss how to handle special occasions
- Learn how to modify environmental influences

Sample discussion approach:

Next week we will have our last Taste It! which will be a potluck. This will be a special occasion for us as we move forward. As with many special occasions, we may be tempted to overeat, saying, “Oh, it is the

Your Notes

last time we will all be together – I am going to eat whatever I want.”
The problem with this is that there are all kinds of special occasions in our life. If we allow ourselves to splurge for every special occasion, this can be damaging to the goal. Also, this can be self defeating. Instead, we need to plan ahead for these special occasions and make sure we are in control of our actions. However, it is important that we still enjoy these special occasions.

What are some strategies you might use to enjoy these events without over-eating? How might you plan ahead? For instance, think...Where will I be? What foods will be available? Who will be there? When will I exercise? What about strategies? (Examples: bringing a low-fat dish, call ahead and make a special request, eat a light snack before leaving the house, stand away from the food table, be particular about your food choices, use a smaller plate, eat slower, watch portion sizes, limit high-calorie and alcoholic beverages, drink a large glass of water before eating).

*How can you appreciate special occasions without focusing on the food alone? What else might you do besides eat and drink? (Example: dance, engage in conversations, take a walk, play a game, etc.). (Distribute **Special Occasions** worksheets).*

Let’s practice how we can handle these situations. Break into groups of 3-4 and work through these scenarios. (Distribute scenarios, allow participants time to work through and discuss as a group)

3. Ensuring your exercise gets done

- Identify barriers to long term exercise
- Problem-solve as a group to overcome these obstacles
- Find new exercises that will help keep group motivated

Sample discussion approach:

Last week we talked about how, over time, old habits and behaviors

III. Do IT!!

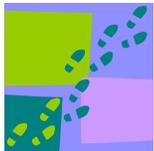
Group Choice –



~30 minutes

- Plan and arrange activity that group voted on in Session 14.
- After activity, discuss once more the importance of activity and help participants fit it into daily life.

IV. Next Steps

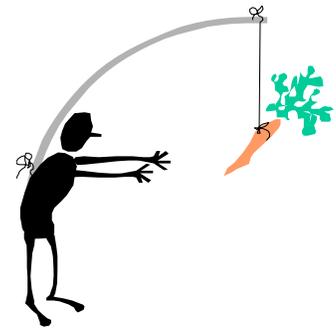


- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week

~30 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:
 - ways to stay motivated
 - physical activity
 - 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
 - Last session
 - Re-establishing goals

Ways to Stay Motivated



- 1. Stay aware of the benefits you've achieved and hope to achieve.**
 - What did you hope to achieve when you first joined the program?
 - Have you reached these goals?
 - What would you like to achieve in the next month? Next 6 months?

- 2. Recognize your successes.**
 - What changes in your eating are you most proud of?
 - What changes in your activity are you most proud of?

- 3. Keep visible signs of your progress.**
 - Post weight and activity graphs on your refrigerator door.
 - Mark your activity milestones on a map towards a particular goal.
 - Measure yourself (waist) once a month

- 4. Keep track of your weight, eating and activity.**
 - Record your activity daily.
 - Record what you eat daily.
 - Record your weight at least weekly.

- 5. Add variety to your routine.**
 - How have you changed your routine?
 - What meals, snacks, or foods are you most bored with?
 - Can you think of some ways to spice up this part of your eating?

- 6. Set new goals for yourself**
 - Goals should be realistic but challenging.
 - Goals should be short-term (for example, 1 week)

- 7. Develop ways to reward yourself when you achieve goals.**
 - What is something you will do or buy if and only if you reach your goals?
 - What are some non-food ways you can reward yourself for reaching a goal?

- 8. Create some friendly competition.**
 - Set up a competition with someone; it can be activity related, weight related, or food related.

Handling Special Occasions



What special occasion or holiday do you have coming up?

| List the foods and challenges you will face at this special event | My strategies for each challenge |
|--|----------------------------------|
| Foods: | |
| | |
| | |
| | |
| | |
| Challenges: | |
| | |
| | |
| | |
| <p>My Action Plan for this situation:</p> <p>I will:</p> <ul style="list-style-type: none"> • • • | |

Scenarios for Special Events

You are at your best friend's birthday party and prior to arriving, you had made a deal with yourself to have a very small piece of cake. Someone serves you a large piece and you would really like to stick with your plan. What do you do/say?

You are at your work's annual Holiday party and you've had two glasses of wine and don't plan on having any more. A co-worker starts walking around re-filling peoples' glasses. When he gets to you, what do you do/say?

At a family dinner party, the main entrée is loaded with fat and calories and you decide you are just going to eat the side dishes and a salad. A relative notices and begins to give you a hard time for not partaking in the main dish. What do you do/say?

Your parents have invited you to their house for dinner Sunday night. Your mom is a great cook but she uses a lot of butter and salt. You really want to go but would like her to make a low-fat meal. What do you do/say?



My Plan for Thanksgiving Dinner

| Food | Portion | Calories | Fat (g) | Sodium (mg) |
|-------------------------------|---------|----------|---------|-------------|
| Turkey/Chicken | | | | |
| Ham | | | | |
| Sweet potatoes/Yams | | | | |
| Mashed potatoes | | | | |
| Stuffing | | | | |
| Gravy | | | | |
| Macaroni and cheese | | | | |
| Green bean casserole | | | | |
| Greens (collard, turnip, etc) | | | | |
| Potato salad | | | | |
| Corn | | | | |
| Cranberry sauce | | | | |
| Rolls | | | | |
| Pumpkin or Sweet potato pie | | | | |
| Whipped cream | | | | |
| Wine | | | | |
| Lemonade | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total for meal | | | | |

Three strategies I will use to survive the holiday:

- 1.

- 2.

- 3.

Planning for Special Events

Managing Your Weight during a Busy Season



1. What is your weight today? (write it somewhere on your calendar) _____

2. What do you want your weight to be in 1 week (1 month)? (less than today, more than today or the same as today) _____

3. What do you expect to be your challenging events, dates or days, during the next month? Record them on your calendar.

4. Now, record the following information on your calendar:

Which days each week will work best to exercise?

How many minutes can you exercise on each of these days?

What time each day will you exercise?

5. Which days will be difficult to manage your calories?

What will you eat these days?

6. What are some techniques you can use to control the calories?

7. What are the chances that your plan will work? ____% If less than 90%, what do you need to change to move your chances of success to >90%?



My Action Plan for the Week

GOAL #1: Staying Motivated

| |
|-------------------------------------|
| 3 things I can do to stay motivated |
| 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 | | |
| | TOTAL | |

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:

| |
|--|
| |
|--|