



## Group Session 10

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"><li>■ Personal Feedback Report</li><li>■ Recognizing eating habits</li><li>■ Choosing healthy snack options</li><li>■ Identifying triggers that promote overeating</li></ul>
<b>Participant Behavioral Strategies</b>	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"><li>■ Review past diaries and identify snack patterns and create possible healthier alternatives.</li><li>■ Recognize environmental triggers for overeating</li></ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"><li>■ Increase skills at recognizing disorder eating patterns that contribute to overeating</li><li>■ Try new snack ideas</li><li>■ Learn how to plan ahead for healthier snacking</li></ul>
<b>Handouts</b>	<ul style="list-style-type: none"><li>■ Think Before You Eat</li><li>■ Healthy Snacking</li><li>■ Finding the Right Combination</li><li>■ Scenarios 1-3</li><li>■ My Action Plan for the Week</li><li>■ Food and Fitness Diary (FFD)</li><li>■ New Leaf Module Sections on Healthy Eating &amp; Keeping Active (Sections B &amp; D) and Handout "The Keys to Success"</li></ul>
<b>Other Materials</b>	<ul style="list-style-type: none"><li>■ Personal Feedback Report</li></ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>CHECK-IN ~30 MINUTES</b></p> <p><b>DO IT! ~30 MINUTES</b></p> <p><b>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</b></p> <ul style="list-style-type: none"><li>Healthy snacking</li><li>Conscious eating</li><li>Identifying triggers and cues for unhealthy eating</li></ul> <p><b>NEXT STEPS ~20 MINUTES</b></p> <ul style="list-style-type: none"><li>Action plan for preparing food next week</li><li>Goal for building activity links</li><li>What to expect next week</li></ul>



■ **Check- In**

Your Notes:

**I. Check-In**

- Personal Feedback Report
- Discuss weight loss target
- Use the progress report for participants to reflect on current status compared to target

■ **Use the “Check-In” purpose document from the leader’s guide to help guide the check-in discussion process.**

~ 30 minutes

Sample discussion approach:

*We are more than half way through the intervention now and it is time to give you your second personal feedback report. This is designed to help you assess your progress to date so that you know what you need to do to be eligible for the weight maintenance phase. The weight loss goal for the first eight weeks was six pounds. Some of you may have already met this goal as your personal goal is different than the program goal. For those who are not at the goal, everyone can still lose the weight necessary to participate in the next phase. Take a minute to look at your report. Is anyone surprised by the results? How do you feel? What do you think is helping you lose weight? What makes it difficult? What changes can you make to improve your results?*

*The next goal is for a total weight loss of 9 pounds. Does this seem reasonable? What can you do to make sure that you reach this goal? Remember that it is safe to lose up to 2 pounds per week, but we do not recommend losing more. So, for those who are not on track, it is possible to catch up. Watching total calories and exercising regularly is the best way to lose this weight. I want to point out that skipping meals or eating too few calories will not likely help you lose weight as your metabolism may slow down so that your body uses fewer calories than it normally would. Try to eat small meals or snacks throughout the day (4-5 times a day). We have talked a lot about planning ahead for meals and time saving tips. Today we are going to talk about snacking and how healthy snacks can play a role in weight loss.*



**II. Try It**

- Snacking
- Eating consciously
- Watching triggers and cues

Behavioral Strategy:

**This activity helps recognize emotional and environmental triggers for overeating**

~40 minutes

**1. Snacking**

- Discuss snacks that are eaten for other reasons
- Help participants look at their snacking alternative and fit them into a healthy eating plan

Sample discussion approach:

*Over the past several weeks, we have been talking about eating patterns. For most of us, part of this pattern is snacking. Sometimes snacks are planned and at other times they just happen. Because snacks can contribute a lot of calories in a day, it is important to look at your snacking pattern. Look at the foods you recorded in your food diary this week. Use a highlighter to highlight the snacks you ate this week. Snacks include soda or other beverages and all those small handfuls or small bites of goodies around the work place and home. Yes, even a bite counts. Now, look at a day when you ate a lot of snacks and add the calories of those snacks for the day. How many calories did you consume? Was this a substantial amount? How does it compare to your total calories for that day?*

**2. Eating Consciously**

- Identify potential problem areas
- Provide tips for healthy snacking

Sample discussion approach:

*Now that you have identified your snacking pattern, let's go a step further and see what affects your snacking. (Distribute **Think Before You Eat**). Let's take a minute to answer these questions regarding snacking and eating in general. (Allow time for participants to complete and discuss). What did you learn from completing the questionnaire? What surprised you? What are your most frequent reasons for snacking? How often do you eat snacks and wish you had not? Where were you when you consumed these snacks? What was going on that day? Was it a high stress day? What does conscious eating mean to you?*

**Your Notes**

*Refer participants to New Leaf sections Healthy Eating & Keeping Active (Sections B & D) and handout "The Keys to Success" for additional information. These materials can serve as a resource for more information but will not be covered in class.*

*We often snack simply because food is around and not necessarily because we are hungry. Snacking is an important component of your overall food intake and it can help you lose weight because eating a small amount between meals can keep you from becoming over hungry. When we are over hungry, we tend to overeat. However, we need to be conscious of the snacks we are eating and how we are eating them. If we have a bag of crackers or cookies and just munch on them all day as we work or watch television, we are likely to eat too many and not even realize it. As with all meals, it is important to plan ahead for snacking. Portion out an appropriate amount of calories and only eat that amount. Have healthier snacks readily available so you will not be tempted to grab healthier things from the vending machines. Remember that a lot of drinks have calories so you should count these in your total calories for the day. (Distribute **Healthy Snacking** handout and discuss).*

*Let's also practice making some healthier snack choices. (Distribute **Finding the Right Combination**). It is just as important to make sure that the snacks we eat are well balanced as the meals we eat. Choosing a food from group 1 and pairing it with a food from group 2 will provide a more balanced snack which will help keep our stomachs feeling full for longer. Remember that we also need to keep our portion sizes in mind. What kind of combinations can you come up with? What sounds good? Can you realistically eat these types of snacks? Why or why not?*

### **3. Watching triggers and cues**

Identify foods or emotions that trigger overeating

Sample discussion approach:

*As we discussed before, we often eat even when we are not hungry. Eating may be a way we deal with stress. Sometimes we simply have cravings that seem uncontrollable causing us to overeat. What are*

---

*some other things that cause you to overeat?*

*Let's talk a little more about cravings. We all have them from time to time. What foods do you crave? Sweets? Salty foods? Fried foods? When do you typically have these cravings? Under what circumstances? At what time of day? Are the cravings usually a result of something else, such as being bored or seeing a food on television? It is OK to give into these cravings sometimes, but it is important that it is done in a controlled manner. What do I mean when I say a controlled manner? For instance, if you are craving chocolate, go ahead every once in awhile but have a small piece of chocolate not an entire bag. However, if you are the type that cannot just have one piece of chocolate, then you may want to consider avoiding the food all together. In general, we do not want to promote avoiding foods, but you need to understand what your trigger foods are and either find a way to control the amount you eat at a time or minimize the amount you eat these foods.*

*As we mentioned, certain behaviors may cause you to overeat or to eat when you are not hungry. For instance, you may be used to eating popcorn or candy every time you go to the movies regardless of if you just ate. Here, going to the movies is your trigger. What can you do to avoid overeating in this situation?*

*Let's break up into groups and discuss a few other scenarios and come up with solutions on how to avoid overeating. (Break into groups and give each group one of three **scenarios**; give groups time to discuss and debrief with the class).*

---

III. Do IT!!!



**Race Walking**  
~ 20 MINUTES

**Purpose**

To introduce the technique of race walking and have participants try it.

To offer participants another example of an aerobic activity that they can do almost anywhere.

**Materials/Equipment:** none

**Instructions:**

Prior to the session check the web [www.racewalking.org](http://www.racewalking.org) to learn more about the activity. There are videos that demonstrate the proper technique if there is no one in your area to lead your group.

Introduce the idea of Race Walking. *Has anyone ever seen someone race walking? How does it look? Why do people race walk? Has anyone here ever tried it?*

Demonstrate the technique.

Do it! Go outside and...

Warm up with slow walking (3 min.) followed by leg stretching.

Race walk for 15 minutes. Check pulse at least once and ask participants for their rating of perceived exertion.

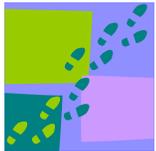
Cool down with slow walking and thorough stretching of quadriceps, hamstrings, calves and gluteus muscles.

Hydration: Return to the meeting room and encourage participants to drink water. *Remember to drink before, during and after exercise. It is very important for your weight loss efforts.*

Get feedback from the group. *What did you think? How was race walking for you aerobically? What effect did it have on your heart rate? Would you do this again? Reflect/Affirm.*

Your Notes

**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:

- eating healthy snacks
- 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**

- Bring a menu from one of your favorite restaurants

# Think Before You Eat



Think about the snacks you ate last week. List five of these snacks and then answer the questions. See example below.

Snack	Why did I eat this food?	Did I eat too much?	Did I eat too fast?	Where was I? What was I doing?
Snickers bar	I was not hungry, but people at the office were giving them away for free	Yes - it was a King Size bar	Yes - in 4 bites	I was at work talking with co-workers

Think about your general eating habits and answer the questions.

1. What do I eat when I am not really hungry? Where am I? What else am I doing?

2. What do I generally eat when I "eat on the run"? Is this a healthy food choice? What are healthier foods I can eat instead?

3. How can I become aware of what I eat?

4. What do I need to control my eating patterns? How can I know when to stop eating?



## Healthy Snacking

- ❖ Know your weakness and stay away from those foods that you cannot stop eating

- ❖ Eat some protein, such as nuts or cheese, with your snacks to keep you fuller longer



- ❖ Only eat when you are hungry, not because food is there

- ❖ Keep healthy snacks in easy to find places such as in your desk, your purse or in the front of the refrigerator or cabinet



- ❖ Control your portion size by only taking the amount of the snack you should eat at one time

- ❖ Limit the distractions when eating and enjoy the food

- ❖ Eat slowly to help you know when you have eaten enough



# Finding the Right Combination



Choose a food from group 1 and group 2 to come up with a healthy snack.

## Group 1

Whole grain crackers  
Apple  
Banana  
Raisins  
Orange  
Cut up vegetables  
Cereal  
Applesauce  
Graham crackers  
Grapes  
Whole grain bread  
Granola bar  
Pretzels or Baked Chips

## Group 2

Reduced fat cheese  
Cottage cheese  
Peanut butter\*  
Mixed nuts  
Yogurt  
Hummus  
1% or skim milk  
Almonds  
Low fat pudding  
Bean dip  
Frozen yogurt  
Soy milk  
Walnuts

\* Choose natural peanut butter when possible; avoid reduced fat peanut butter

**How many healthy snack combinations can you come up with?  
Can you think of other healthy snacks?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# Scenario 1

Mary is invited to watch a movie at a friend's house with a large group of people. Everyone was asked to bring a favorite movie snack to the party. Mary is nervous about overeating.



Discuss some options for Mary.

List the triggers in this situation that Mary may face.

How can Mary feel better about going to the party?

## Scenario 2

Carolyn attends a church that routinely has dinner after service in the fellowship hall. She has been trying to lose weight and has made great progress. She hasn't attended a church dinner in a few weeks because she is worried that she will overeat.



Discuss some options for Carolyn.

What are the triggers in Carolyn's life right now that could lead to overeating?

How can Carolyn feel better about going to the party?

## Scenario 3

Loretta and her friends are meeting for dinner to celebrate a birthday. They always go to the local all-you-can-eat restaurant when they go out. Loretta loves all the food and the fun, but is trying to watch what she eats.



Discuss some options for Loretta.

What triggers for overeating does Loretta face?

What are some possible ways for Loretta to avoid overeating?



## My Action Plan for the Week

**GOAL #1:** Plan ahead for healthy snacks

3 snacks I can have this week
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.

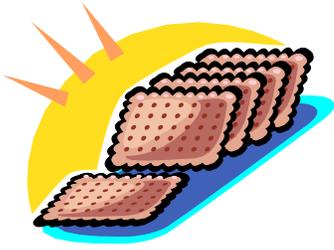
**GOAL #4:** My other goal is: \_\_\_\_\_

What I need to do to reach this goal:

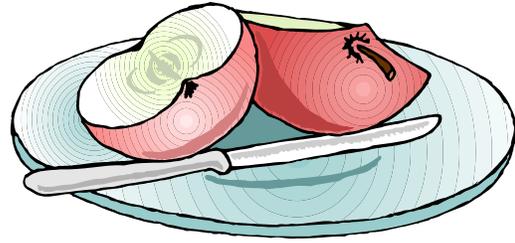
--

**NEXT WEEK...**

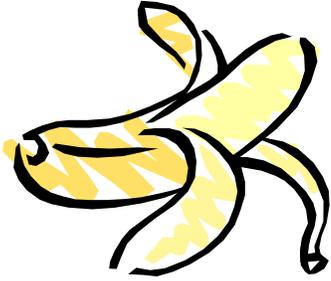
Whole grain crackers



Apple



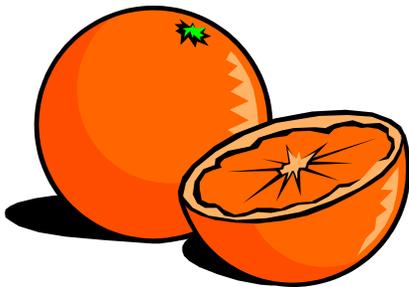
Banana



Raisins



Orange



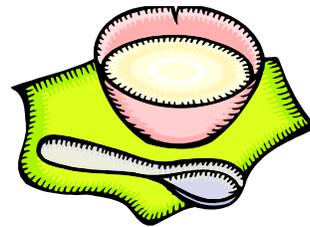
Vegetables



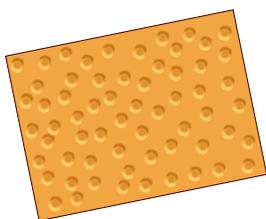
Cereal



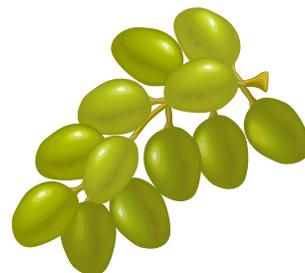
Applesauce



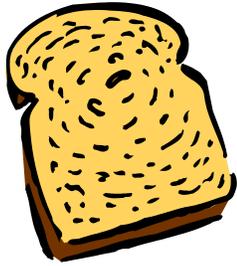
Graham crackers



Grapes



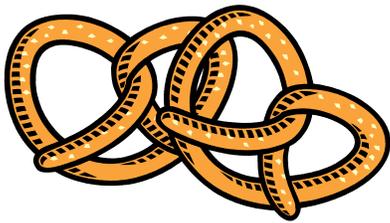
Whole grain bread



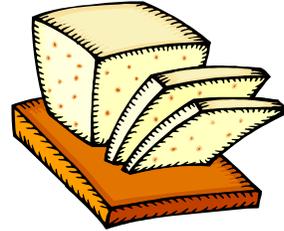
Granola bar



Pretzels or baked chips



Reduced fat cheese



Cottage cheese



Peanut butter



Mixed nuts



Yogurt



Hummus



1% or skim milk



Almonds



Low fat pudding



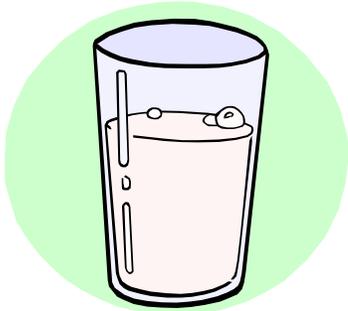
Bean Dip



Frozen yogurt



Soy milk



Walnuts

