



Group Session 12

Key Behavioral Strategies	<ul style="list-style-type: none"> ■ Identifying areas of support
Participant Behavioral Strategies	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> ■ Try and build family support for a specific change behavior ■ Recognize family triggers that may undermine efforts for both eating and PA ■ Engage in new or modified physical activity with family members
Process Objectives & Session Content	<ul style="list-style-type: none"> ■ Review progress to date and discuss challenges/barriers ■ Increase understanding of both helpful and harmful ways in which family can affect weight loss efforts ■ Improve ability to communicate with family about weight loss needs
Handouts	<ul style="list-style-type: none"> ■ Family Support ■ Send the Right Message ■ Helping Others Help You ■ My Action Plan for the Week ■ Food and Fitness Diary (FFD) ■ New Leaf Module Handouts: “Helping Others Make Healthy Choices” and “Helping Others Become More Active”
Topics/Agenda (2 hours)	<p>CHECK-IN ~20 MINUTES</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</p> <ul style="list-style-type: none"> Using family support to achieve goals Finding other support systems Physical activity with your family <p>DO IT! ~40 MINUTES</p> <p>NEXT STEPS ~20 MINUTES</p> <ul style="list-style-type: none"> Action plan gaining family support What to expect next week



I. Check-In

- Discuss successful incorporation of positive cues for exercise
- Identify barriers and challenges when dining out

~ 20 minutes

■ **Check- In**

- Sample discussion approach:
 - *Last week we talked a little about using positive cues or triggers to help our weight loss efforts by reminding us to eat healthier and move more. Does anyone want to share a new positive cue that they incorporated into their life? Was it easier or more difficult than you thought?*
 - *We also talked about finding and eating healthier foods when dining out. Did anyone eat out this week? What was the situation? Were you able to make wise decisions? Why or why not? How can you overcome any obstacles when eating out?*

Your Notes:



II. Try It

- Making use of family support (“**Family Support**”)
- Finding other support

~ 45 minutes

1. Making use of family support

- Discuss the impact of families on their weight loss experience
- Identify helpful and harmful family behaviors

Sample Discussion Approach:
*Since the beginning of the program, we have talked about the challenges associated with trying to lose weight. Some of these challenges have been trying to get your family to accept your new healthier lifestyle. What has been the biggest challenge with the family so far? What do your families think about your desire to lose weight? What has the family done to help you lose weight or show you support? Has your family treated you differently? How does that make you feel? Who has been the most supportive? Who has been unhappy about the changes you have made? What changes have been the most difficult for the family to accept? (Distribute **Family Support** worksheet and allow participants to complete and discuss if*

Your Notes

Refer participants to New Leaf handout “Helping Others Make Healthy Choices” and “Helping Other Become More Active” for additional information. The handout can serve as a resource for more information but will not be covered in class.

- = necessary).
- =
- = *In general, our families want us to succeed and want to support us.*
- = *When they aren't meeting these expectations it is often because they*
- = *don't know what to do. Clearly communicating your desires and*
- = *expectations is essential. Sometimes changing the way we*
- = *communicate with our family can help you meet your needs.*
- = *(Distribute **Sending the Right Message** worksheet and discuss).*
- =
- = *One way we can change our communication style is trying to avoid*
- = *sounding demanding or accusing. What happens when we sound this*
- = *way? Do we generally get our way? How does that make the other*
- = *person feel? Our families and others may be more likely to listen if we*
- = *explain how their actions make us feel. For instance, instead of saying*
- = *"You make me so angry..." say "It hurts me when..." How many of the*
- = *'you' statements do you use? Can you think of other things you say*
- = *that may not result in the action or support you want?*
- =
- = *One thing we can communicate to our families and others is how they*
- = *can help you with your goals. (Distribute **Helping Others Help***
- = *You).* This worksheet provides a guideline for others to help you in
- = *your weight loss efforts. Hang this on the refrigerator for family*
- = *members to see and highlight the ones where you need the most help.*
- = *This can also be an important communication tool.*
- =
- =
- = **2.Finding Other Support Systems**
- =
 - Discuss the importance of other support systems
- =
- = Sample discussion approach:
- = *As we have discussed, losing weight involves changing many of your*
- = *current behaviors. For this weight loss program to work, these*
- = *changes will likely result in an overall lifestyle change. Change is scary*
- = *for many of us and can especially be unsettling for our families. While*

they may support our decisions, they may not want to change themselves. This can make it more difficult for us if there are not other supportive people around. Think about your life right now...you most likely rely on others (non-family members) for support. Who do you rely on? What type of support do they typically give you? Are they supportive of your lifestyle changes? Can you think of other support systems available to help you? What about these sessions? The program was designed to provide a support system to help you make changes in your life. Each week, you are here with others aiming for your same goal. You can talk about the challenges and try to help one another overcome these barriers. For those that plan to move on to the maintenance phase of the program, this support system will continue to exist. What are some possible other support systems? (List resources on a large easel for participants to see and discuss; consider typing up list and distributing next session).

For some, it may be easier to try and change behaviors of existing support systems versus finding a new support system. For example, how about starting a walking group within your Sunday School class? What are other ways you can build a support system? (Use large easel to list possible solutions)

III. Do IT !!!



■ Group Walk-Caterpillar Walk
~ 40 MINUTES

■ **Purpose:**
■ Involve the entire group in an exercise working on increasing heart rate for spurts

■ **Instructions for Interventionist:**
■ Have participants break into 2 groups and each form a single file line facing forward. The first person of the group sets the pace for the line as they walk forward. The last person in the line has to speed walk to the front of the line and then they will be the first person setting the walking pace for the other group members. Once the person is in the front of the line, the last person will then speed walk to the front of the line and so forth...do this until everyone has had an opportunity to be in front. Encourage those in front to walk fast to challenge the group members and the individual that has to speed walk to the front. The 2 groups will race with the winner as the first group to have the initial first person back in front.

- **Debrief Questions**
- 1. What did you think about the caterpillar walk?
 - 2. Was it something different?
 - 3. Did you notice how different paces vary?
 - 4. What type of challenges did you face?
 - 5. Would you be willing to do something like this with your children or grandchildren?

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:

- identify existing or new support groups
- physical activity links
- participant choice

2. Tracking (Self-Monitoring):

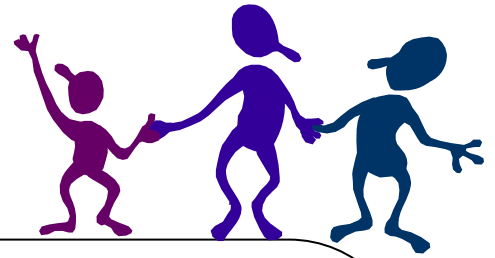
The recommended tracking for the week is:

- 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 comfortable clothes and shoes for the Do It!

Family Support



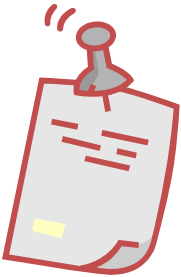
My family helps me be healthy by...

Example: *Freeing up my time so I can come to sessions*

My family gets in the way of me being healthy by...

Example: *Continuing to bring home food I am trying to avoid*

Send the Right Message



Instead of...

Try...

- You make me so angry.....It hurts me when you...
- You're not helping enough..... I would like your help doing...
- You don't need to take over..... I appreciate your help, but I can make my own choices...
- You don't understand what it's like to have to change your lifestyle..... I feel cut off from you...
- You're not listening..... I don't think you understand what I am trying to say

What 'YOU' statements to make?

- 1. _____
- 2. _____
- 3. _____

Now, turn them to 'I' statements

- 1. _____
- 2. _____
- 3. _____

Helping Others Help You

Ways to help me eat healthy



Serve me healthy foods

Eat healthy foods with me

Don't tempt me with a problem food as a reward or gift

Clear the table and put food away as soon as the meal is over

Help with cooking, shopping, or cleaning up after meals

Don't offer me second helpings

Encourage me to cook new foods

Praise my efforts to eat healthy foods



Ways to help me move more



Go for a walk with me

Ask me to do other physical activities with you

Compromise when my being active conflicts with your schedule

Help me with my other responsibilities so I can go for a walk

Encourage me to go for a walk when I'm debating whether or not to go

Praise me when I do my scheduled activity

Set up a regular date with me to be active

Plan social events around being active





My Action Plan for the Week

GOAL #1: List three places to find support

Support
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:

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NEXT WEEK...