



## Group Session 16

<b>Key Behavioral Strategies</b>	<ul style="list-style-type: none"><li>■ Establish new goals</li><li>■ Planning ahead</li><li>■ Thinking about ongoing support</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 new goals in a visible place</li><li>■ Build additional sources of support for personal behavior maintenance plan</li></ul>
<b>Process Objectives &amp; Session Content</b>	<ul style="list-style-type: none"><li>■ Celebrate accomplishments</li><li>■ Discuss feelings associated with moving on to the next phase</li><li>■ Discuss and plan for ongoing social support</li><li>■ Importance of Self Monitoring</li></ul>
<b>Handouts</b>	<ul style="list-style-type: none"><li>■ My Checklist</li><li>■ My Goals For Maintenance (participants to bring original worksheet and blank worksheet)</li><li>■ Weekly Reminders</li><li>■ Weekly Maintenance Form</li><li>■ Food and Fitness Diary</li><li>■ New Leaf Module Handouts: "What is A Healthy Weight?"; "Success Stories" "Setting Goals"; "The Keys to Success"</li></ul>
<b>Topics/Agenda (2 hours)</b>	<p><b>CHECK-IN ~30 MINUTES</b></p> <p><b>TASTE IT! ~30 MINUTES</b></p> <p><b>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</b></p> <ul style="list-style-type: none"><li>Celebrating accomplishments</li><li>Setting new goals</li><li>Self-Monitoring</li><li>Planning for continued support</li></ul> <p><b>NEXT STEPS ~20 MINUTES</b></p> <ul style="list-style-type: none"><li>Last Words of Wisdom</li><li>Wise Buck Shopping</li></ul>



## I. Check-In

- Discuss Weight Maintenance

~ 30 minutes

### ■ Check- In

- Sample discussion approach:
  - *This is our last group session. Remember our weight loss target of 8 pounds to be eligible for maintenance? Those of you who have reached this goal are eligible to move to Phase II of this program – the maintenance phase. Congratulations! We encourage you to continue the habits that brought you success. Hopefully, everyone now has the skills for living a healthy life. Even if you were not quite ready to make certain changes in your life, you have learned from each other what the issues are and how important it is to find support and begin making changes. As you move forward, remember the secrets from session 14. Don't get discouraged and give up! Make exercise a part of every day. Always try to make healthy choices. Weigh yourself weekly and keep a food journal to help you know what you are eating. Everyone in here is capable of doing this. You have stuck it out for 16 long weeks which is not an easy task in itself. [Discuss plans for the session content.]*

- \*NOTE: Tailor this session to how your program plans to handle maintenance (e.g., a structured program or self-directed approach).

Your Notes:



## II. Try It

- Celebrating your accomplishments (“My Check List”)
- Setting new goals (“My

### 1. Celebrating your accomplishments

- Complete self-assessment of the program

- Sample discussion approach:
  - *After completing a program like this, it is important to look back and reflect on your experience and accomplishments. (Distribute **My Check List** and use flip board to record participants' answers to these questions) What is 1 change you've made because of this program that you are most proud of? What has changed about the way you eat*

Your Notes

*Refer participants to New Leaf handout “What is a Healthy Weight”; “Success Stories”; “Setting Goals”; “The Keys to Success”, for additional information. The handout can serve as a resource for more*

Goals" "Weekly Maintenance Form")

- Self-monitoring ("Weekly Reminders")
- Planning for support

~40 minutes

*as a result of this program? What habits or behaviors have you changed or modified, added or quit in the last 5 months? What do you like about yourself as a result of the program?*

*information but will not be covered in class.*

*Now, looking at these lists and thinking about your next steps, what would you like to accomplish in the next 6 months? What habits do you want to maintain, add or modify? What will help you get there?*

**2. Setting new goals**

- Revise original plan based on results of program

Sample discussion approach:

*During the last 5 months, we have discussed many tools and worked on building skills to help you manage your weight for the long term.*

*Now, it is time to adjust the guidelines for your weight management plan and choose the strategies and skills that work best for you and your lifestyle. Look at the original **My Goals** worksheet. What changes would you make? (Distribute blank **My Goals for Maintenance** worksheet and have participants fill out)*

*Distribute the "Weekly Maintenance Form". This form may be used as a reminder of what things will lead to success in maintenance; it can also serve as a prompt to reflect on the behaviors of the past week, and then set goals with action plans for the upcoming week.*

**3. Self-monitoring**

- Discuss the importance of Self-monitoring
- Encourage participants to check in with a friend weekly

Sample discussion approach:

*Self-monitoring is a powerful tool for keeping an eye on your progress. Checking in with yourself once a week helps you keep an eye on your routine and identify problem areas before you notice it on the scale.*

*When we are done with the group sessions, what are some ways you*

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*can check-in with yourself? (List responses on a flip chart. I.e. weigh myself, keep food records, and keep exercise records, set goals and report to a friend). (Distribute **Weekly Reminders**). This handout has some of these suggested techniques. What is missing from this form? What would you add to the list? When you think about managing your weight, what is important to keep track of? If you were to create your own weekly check-in form, what would you include?*

#### **4. Planning for support**

- Have participants plan for support with future weight loss and maintenance.

Sample discussion approach:

*You have listed changes necessary to maintain weight. Now, how can you support these changes? Think about what has worked in the past and what has not? Review the support system that you identified earlier in the program. How will these individuals provide support? What other resources exist in the community? How will you use them?*

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### III. Taste It



THEME: Potluck

~ 30 minutes

#### Objectives

- Practice choosing wisely in group situation
- Practice preparing a healthier dish
- Sample different foods

#### Materials

- Utensils, plates and napkins
- Beverages
- Measuring utensils
- Labels for foods/tent cards (title and preparer)

#### Sample discussion approach

*As you can see, we have a lot of different kinds of foods here. This is a situation that we are often in and it is very tempting to eat everything. What new approach or thinking do you bring to this situation? Here, we are at an advantage where everything is healthy or at least healthier than what is typically available at potlucks. Even so, these dishes still have calories and we need to account for them. What are ways that we can make sure that we do not overeat in this situation? (E.g. have really small portion sizes, only sample a few things, etc.). Summarize strategies mentioned. Invite group to talk about what they brought to the table, invite someone to say a grace (if OK with the group), and EAT.*

IV. Next Steps



~ 30 minutes

Last words of encouragement (Activities: Letter to myself and "River Rock")

**Instructions for River Rocks:**

Use a box full of River Rocks...each person will select one to take home as a "touchstone", to keep them linked to what they have learned in the program, and to the other participants in the group. We will all put our intentions, well wishes, blessings or prayers for each other into the stones. Many participants have told us that they carry them in their pockets or purse wherever they go as a reminder to be mindful in their daily lives.

Begin by everyone holding their stone in their hands, standing in a circle. Place your own intentions, well wishes, blessings or prayers for yourself into the stone. After about 30 seconds, pass the stone to the person on your right. Look to see whose stone you are holding now, and place your intentions, etc for that person into the stone. Repeat the process until your stone is back to you. (You can tape or write names on the stones before passing)

Facilitator remarks at end of ceremony: *Appreciate yourself in having the courage to join this program, to work on your health and your life and to grow personally. Now give yourself permission to move on, taking the things you've learned into your life. Remember to be kind to yourself in your journey and thank you for the privilege of letting me be a part of it.*

WiseBucks Shopping

GOOD LUCK AND KEEP UP THE GOOD WORK!

# My Checklist



		Yes	Some- times	Not really	No
1	I am making progress towards my weight loss goal.				
2	I do better at losing weight when I exercise.				
3	I feel more in control of my weight now than before this program.				
4	I am eating smaller portions.				
5	I am choosing lower calorie foods more often.				
6	I am eating more fruits.				
7	I am eating more vegetables.				
8	I notice when I don't get a chance to eat fruits and vegetables				
9	I am eating lower fat dairy foods.				
10	I eat fewer fried foods.				
11	I read labels before buying foods.				
12	I use healthier substitutions when cooking meals at home.				
13	I am more physically active or move more.				
14	I feel better when I am physically active.				
15	I plan to continue moving more throughout the day				
16.	I look for ways to move more each week.				
17.	I miss physical activity when I do not fit it in.				
18	I keep a food diary each week.				
19	I make weekly plans and track my own progress.				
20	I have built a social support system outside this program.				
21	I find that the group helped me make progress.				
22	I attended the group sessions.				

# My Goals for Maintenance

GOALS	TODAY	4 MONTHS FROM NOW
<p><b>Lose Weight or Maintain Weight Loss</b></p> 	<p>Today, my weight is _____</p>	<p>I want my weight to be between _____ and _____ pounds (my goal for maintenance)</p> <p>I want to continue losing weight.</p> <p>I want my weight to be _____ pounds in 4 months.*</p>
<p><b>Eat Less Calories (to lose) Watch Your Calories (to maintain)</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>Keep on Moving!</b></p>  <p><b>Try to get 225 minutes each week.</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 _____ days a week for _____ 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.

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

# Weekly Reminders



Use these reminders to help you maintain your current weight loss or continue to lose weight.

Reminders	Recommendations
1. Weigh yourself	Weigh yourself weekly and keep records of your weight.
2. Keep calories in moderation	<p><i>To maintain current weight:</i> Consume about <b>2000 calories</b> each day to maintain weight.</p> <p><i>For continued weight loss:</i> Consume about <b>1500-1800 calories</b> each day to lose weight.</p>
3. Exercise regularly	Gradually increase your exercise duration beyond 180 minutes of moderate-intensity activity per week to achieve <b>225 minutes per week</b> . (Either increase your minutes each day, the number of days you exercise, or both).
4. Keep food records	Food records help you keep on track. Try to keep <b>at least 3 days worth of food records</b> . Keep more if you want to lose weight, need to stop weight gain or anticipate (or encounter) difficult life situations
5. Find support	<p>Ask family and friends to continue to support your weight loss/weight maintenance efforts</p> <ul style="list-style-type: none"> <li>▪ Make plans to exercise instead of eat</li> <li>▪ Swap healthy recipes with a friend</li> <li>▪ Host a "healthy" potluck</li> </ul>
6. Move more! Lose more!	<p>In addition to your regular exercise, find at least 5 "extra" opportunities to move more each day</p> <ul style="list-style-type: none"> <li>▪ Take the stairs</li> <li>▪ Park further away</li> <li>▪ Stand up and pace when talking on the phone</li> <li>▪ Walk to a co-worker's office instead of phoning or emailing</li> <li>▪ Sweep and mop the kitchen</li> </ul>
7. Eat your fruits & veggies	Eating 9-12 servings of fruits and vegetables is healthy (and gives you that "full" feeling)

# Weekly Maintenance Form



These things describe me:

1. I am active 180 to 225 minutes each week
2. I eat vegetables everyday
3. I watch my portion sizes to keep them from getting too big
4. I keep records of my food and activity at least 3 days each week
5. I eat a variety of foods
6. My thoughts about my health are positive
7. I leave some food on my plate
8. I can resist my cravings
9. I look for ways to move more
10. I look for ways to make my exercise more enjoyable



Reflections on the past week:

What went well?

What was hard?

If I could go back, what would I do differently?

Goals for the week: \_\_\_\_\_

My plan for accomplishing the goal:

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