

SESSION 1: Introduction to the Program and Calorie Balance



Welcome and Introductions (15 minutes)

SAY: Welcome to the first meeting of HOPE, a program to help support people with weight management. We will be working together over the next year or so to develop healthy habits that help with weight, but more importantly with overall health and well-being. We'll start by introducing ourselves.

My name is _____. I'm so excited to be working with you over the next year!

DO: Briefly tell the class about your background. If there is more than one coach, rephrase as needed.

Share your title/role in your organization, clinical area in which you work (if applicable), and experience with weight management.

ACTIVITY: Icebreaker - The goal of this activity is to help participants get to know each other. You can do a different icebreaker, if you prefer.

SAY: Let's get to know each other a little. Choose a partner you have never met before. You and your partner will take turns asking each other these two questions:

- What is your name?
- What two items would you like to have if you were stranded on a deserted island?

I'll let you know when it's time to switch. Then you'll introduce your partner to the rest of our group and what you learned about him or her.

DO: Let participants know when it's time to switch roles at the 2-minute mark.

SAY: Now take about 30 seconds to introduce your partner to the group.

DO: Allow participants to introduce their partner briefly.

ACTIVITY: Discussion of why people decided to participate in HOPE. Participants may be there to:

- Get active and improve health and well-being
- Lose weight
- Prevent obesity related health conditions
- Any number of other personal reasons

SAY: Now let's spend a few minutes talking about why you're here. I'd love to understand why people decided to participate in this program.

DISCUSS: Open question to the group: Why did you join this program?

SAY: Thank you for sharing that with the group. We will get to know each other well over the coming weeks and months and support each other along the way.

Objectives of the program (2 minutes)

SAY: During this first session, we will discuss the HOPE program. We'll talk about:

- The program's goals and structure
- The basics of weight management

You will also set SMART goals and make your first action plan based on these goals.

Program Overview (15 minutes)

SAY: Let's start with an overview of the program. HOPE is designed for people who are interested in changing their habits to support weight management.

DO: Read (or ask a volunteer to read) the goals for the program.

Program goals:

- Lose around 10 percent of your starting weight over a year
- Over time, work up to getting at least 175 minutes of physical activity each week

ASK: What does losing 10 percent of your starting weight mean?

ANSWER: It means losing 10 pounds for every 100 pounds you weigh now. So if you weighed 200 pounds, you would aim to lose 20 pounds.

SAY: For the physical activity goal, the activity should be of at least moderate intensity.

DISCUSS: What are some moderate activities? Moderate activities include biking, brisk walking, and dancing.

DO: Use the handout from the participant notebook to discuss the benefits of losing weight and getting more active.

SAY: Now let's talk about the structure of the program.

DO: Hold up your Participant Notebook.

SAY: Please open the Participant Notebook I gave you when you came in today. This is a really important item. Please bring it to every session.

DO: Discuss the notebook briefly. Show participants each section.

SAY: Please look at the Program Meeting Schedule (if you have determined this).

DO: Discuss briefly. If you are planning to do any of these activities, tell participants about make-up sessions, social networks, and get-togethers. (These activities are covered in the "Program Overview.") Answer questions as needed.

SAY: At the start of each session, we'll weigh you privately. You'll write down your weight in your notebook, just as you did today.

We will then review the previous session and your previous goals.

Then we'll move on to the session content. We'll talk about several specific ways to:

- Eat well
- Be active
- Change your lifestyle

It can be challenging to change your lifestyle. But we'll work through those challenges together. You'll also have the chance to share your thoughts, feelings, and experiences—but only if you want to.

Introduction to Tracking (10 minutes):

SAY: Evidence supports tracking food intake and physical activity as a strategy that helps people lose weight and prevent regaining weight.

An important part of this process is tracking your activity and food intake each week.

There are many ways to track both diet and physical activity. We have provided paper tracking forms in your notebook, but you may prefer some other method.

ASK: What experience do people have with tracking diet or physical activity? What are some ways you have tracked this (if any) in the past?

SAY: For now, we will start with basic tracking of your diet and physical activity. We have provided paper trackers in the Participant Notebook. Some of you might already track these things in another way — like an app (MyFitnessPal or similar). That is fine! If you are already tracking, you can continue to do that. If not, you can start with paper. This will help you track your progress. We will discuss tracking diet and physical activity more in upcoming sessions when we will talk about and explore other ways to track and gradually increase the amount and intensity of your physical activity.

Setting goals: Plan for Success (13 minutes):

SAY: Now let's talk about your next steps. Please look at "Your Goals" in this session's handouts.

ASK: What is the activity goal for the program?

ANSWER: To work up to getting at least 175 minutes of activity each week at a moderate pace or more

ASK: What is the weight loss goal?

ANSWER: To lose approximately 10% of your starting weight over a year

SAY: Let's look at "Your Goals" again. Fill in:

- What you weigh now
- What is 10% of your weight
- This is how many pounds you will aim to lose

Then subtract that number from your current weight to get your goal weight. Fill that in where it says "Reach _____ pounds."

DO: Explain as needed.

SAY: To help you reach your overall goals, you will make a new action plan with specific smaller goals at each session. Please turn to your handouts. Let's look at "Tips for Making Your Action Plan".

We recommend that you use the concept of SMART goals.

SMART goals are:

Specific, Measurable, Achievable, Relevant, and Time-bound

Specific: What will you do and where will you do it?

Measurable: How will you know that you met your goal?

Achievable: Is this something you can do between now and the next session?

Relevant: Does this relate to your overall goals?

Time-bound: When, how long and how often will you do it?

For increasing your improving your diet/decreasing energy intake and physical activity over time, think about a goal you can work on between now and our next session.

We also recommend you set a self-care or stress management goal using the SMART goal framework. Self-care or stress management goals may be something like "I will go to bed at 10 p.m. every night and remove screens from my bedroom" if your goal is improved sleep. Or if your goal is to increase your social connections, you may set a SMART goal of "I will call a friend to catch up every Friday at 4 p.m." We will cover self-care and stress management more in future sessions.

This week, you could use beginning to track your diet and/or PA as a SMART goal starting point. For example, you could have this as your diet SMART goal: "I will record everything I eat and drink for three days over the next week" or "I will record the amount of time I walk my dog for five days this week".

To create SMART goals, decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound).

Summary and Closing (5 minutes)

SAY: Between now and the next session, please put your action plan into effect. Check off each action you complete and use your tracking sheets or app if possible.

SAY: We have come to the end of our meeting. Today we discussed the HOPE program. We talked about:

- The goals and structure
- The basics of weight management
- You also set your SMART goals and made your first action plan. I'm so proud of you!

ASK: Do you have any questions about what we covered today?

SAY: At the next session, we'll discuss how things went with your action plan. We'll also talk about _____ .

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.