

SESSION 16: Stay Motivated to Manage your Weight



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about how to stay motivated to manage your weight.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: Staying motivated over the next six months can help you continue to manage your weight and improve your health. Today, we will talk about:

- How far you've come since you started this program
- Our next steps
- Your goals for the next six months

Finally, you will make a new action plan.

Look How Far You've Come! (20 minutes)

SAY: Let's start by looking at how far you've come since you started this program six months ago.

DISCUSS:

- What healthy changes have you made in your eating?
- What healthy changes have you made in your fitness?
- What challenges have you overcome to make those healthy lifestyle changes?

There are 4 optional activities in this session. You can choose to do some or all depending on what you think would be best for the group.

Optional ACTIVITY: Group Progress Report

SAY: Let's look at how much progress you've made as a group.

DO: Hand out a written report that gives the group's progress so far. Explain the report. Use a flip chart or white board, if you wish.

The report should include:

- Pounds the group has lost (starting total body weight minus most recent total body weight)
- Percent of body weight the group has lost (pounds the group has lost divided by total starting weight)
- Minutes of activity per week the group has gained (most recent total minutes minus starting total minutes)

Optional ACTIVITY: Group Progress Objects

DO: Bring in objects that show how many pounds the group has lost so far. These could be weights, bags of flour, cans of food, or sticks of butter. Invite participants to pick them up.

Optional ACTIVITY: Individual Progress Reports

DO: Hand out a written report to each participant that gives that person's progress so far. Explain the report. Use a flip chart or white board, if you wish.

SAY: This report is just for you. No one else will see it.

The report should include:

- Pounds the person has lost (starting body weight minus most recent body weight)
- Percent of body weight the person has lost (pounds the person has lost divided by their starting weight)
- Minutes of activity per week the person has gained (most recent minutes minus starting minutes)

Optional ACTIVITY: Group Photo

DO: Take a photo of the entire group.

SAY: I will give you a copy of this photo at the last session.

SAY: Some of you have reached your weight and activity goals. Others are still working toward them. But all of you have made great progress. I'm so proud of you, and I hope you're proud too.

Our Next Steps (10 minutes):

SAY: You've come so far since you started this program. And you've coped with many challenges along the way. Your next challenge is to stay motivated over the next six months. Let's look at an example.

DO: Read (or ask a volunteer to read) "Marie's Story" on page 3 of this module's handouts.

DISCUSS: What might you find challenging about staying motivated?

SAY: Now let's look at where this group is headed.

DO: Tell participants what to expect over the next six months of the program. Talk about the topics it will cover, how often the group will meet, and any get-togethers that will happen. Answer questions as needed.

SAY: Meeting less often can make it challenging to stay motivated. So I urge you to come to all the sessions that are left. And remember: There are other ways to get support.

DISCUSS: What are some other ways to get support?

You could get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs (online and in person)
- Professionals

NOTE: To learn more about getting support, review the handouts that go with the Get Support module.

NOTE: Your group can connect outside of session time. You can facilitate this by forming a social network and by setting up get-togethers. (See "Program Overview" for more details.)

Your Goals for the Next Six Months (8 minutes):

SAY: We've discussed this group's next steps. Now let's talk about your next steps. Please look at "Your Goals for the Next Six Months" in this module's handouts.

- As you can see, your activity goal for the next six months is unchanged—to get at least 175 minutes of activity each week at a moderate pace or more.
- But you may want to revise your weight goal. Let's fill it out together.
- First, fill in what you weigh now. That's the weight I told you earlier today.
- Next, decide if you want to lose weight or maintain your weight in the next six months. Mark your choice on the handout.
- If your goal is to lose weight, write the weight you will reach.
- If your goal is to maintain your weight, write the weight you will stay at.

DO: Help participants fill in their weight goal.

Setting goals: Plan for Success (10 minutes)

SAY: Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

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 complete "Celebrate Your Success". Write your ideas in the column that says "Other Ways to Celebrate." Check off each idea you try.

I'd also like you to complete "How to Cope With Challenges". Write your ideas in the column that says "Other Ways to Cope." Check off each idea you try.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed staying motivated over the next six months. We talked about:

- How far you've come since you started this program
- Our next steps
- Your goals for the next six months

DISCUSS: Do you have questions about anything we talked about today?

SAY: Next time, we'll talk about the things you tried at home, including 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.