

SESSION 19: Stay Active to Manage your Weight



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about staying active over time 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 active over the long term can help you manage your weight.

Today, we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to cope with them
- How far you've come since you started this program

Finally, you will make a new action plan.

Benefits of Staying Active (10 minutes)

SAY: We'll start by talking about some benefits of staying active over the long term. Let's look at an example. Please turn to "Teo's Story" in this module's handouts.

DO: Read (or ask a volunteer to read) the first two paragraphs of the story.

SAY: So Teo has reached his weight goal. And his blood sugar is normal now.

ASK: Besides eating well, what can Teo do to hold on to these gains? How can he keep off the weight he's lost and keep his blood sugar normal?

ANSWER: He can stay active.

SAY: Staying active has other benefits.

DISCUSS: What are some other benefits of staying active? Why do you want to stay active?

Benefits of staying active include:

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Stronger muscles

How to Cope with Challenges (18 minutes)

SAY: It can be challenging to get active. But it can be even harder to stay active over the long term.

Life events may get in your way. And you may feel less motivated over time. As a result, you may find yourself going back to old habits. Let's turn back to the story.

DO: Read (or ask a volunteer to read) paragraphs 3 to 5.

ASK: What makes it challenging for Teo to stay active?

ANSWER: Since his wife started going to night classes, it's hard for Teo to find time to be active. Also, he's met his weight-loss goal, so he feels less motivated.

DISCUSS: What might make it challenging for you to stay active over the long term?

DO: Write the challenges on the flip chart or white board, if you are using one.

SAY: Now, let's brainstorm.

DISCUSS: What are some ways to cope with these challenges?

Challenges and ways to cope include:

I feel less motivated.

- Plan ahead.
- Keep it fun.

I have less time due to life changes.

- Walk to get places.
- Ask for help.

I have less money due to life changes.

- Do free activities.
- Buy workout clothes and supplies on sale.

The weather is making it hard to walk outside.

- Dress for the weather.
- Walk in a mall.

I'm injured.

- Find another way to be active.
- Get more active over time.

Look How Far You've Come! (10 minutes)

SAY: Let's wrap up by looking at how far you've come with your activity since you started this program.

DISCUSS:

- What types of activity did you do when you first started this program? And what types of activity do you do now?
- How many minutes a day were you active when you first started this program? And how many minutes a day are you active now?
- How did you feel about being active when you first started this program? And how do you feel about being active now?

SAY: Some of you have reached your fitness goal. Some of you are still working toward it. That's fine. The important thing is that you're all active. And I hope you'll stay active for life.

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 "How to Cope with Challenges" in this module's handouts. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

I'd also like you to complete "How I Will Stay Active". Think about why you want to stay active over the long term. Also think about the challenges you might face, and how you will cope with them. You can use "Tips for Staying Active Every Day" for ideas.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed staying active over the long term. We talked about:

- Some benefits of staying active
- Some challenges of staying active and ways to cope with them
- How far you've come since you started this program

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.