

SESSION 2: Burn More Calories Than You Take In



Welcome and Review: (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about how to lose weight by burning more calories than you take in.

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: Today, we'll discuss how to lose weight by burning more calories than you take in.

We will talk about:

- The link between calories and weight
- How to track the calories you take in
- How to track the calories you burn
- How to burn more calories than you take in
- Finally, you will make a new action plan.

Calories and Weight (10 minutes)

SAY: Let's start by talking about the link between calories and weight.

ASK: What are calories?

ANSWER: A measure of energy

SAY: When you eat or drink, you take in calories. When you are active, you burn calories.

Optional activities to demonstrate energy balance:

ACTIVITY 1: Poking a Balloon

DO: Connect a balloon to a faucet. Fill it halfway with water.

Poke a small hole in the balloon. Then turn on the tap so that a small, steady stream of water goes into the balloon.

ASK: What is happening to the balloon?

ANSWER: It's getting larger, since more is going in than is going out through the hole.

DO: Poke several more small holes in the balloon, so that there is as much water going out as going in.

ASK: What is happening to the balloon?

ANSWER: It's staying the same size.

DO: Poke several more holes in the balloon so that there is a little more water going out than going in.

ASK: What is happening to the balloon?

ANSWER: It's getting smaller.

SAY: This is what happens when you burn more calories than you take in—you lose weight.

ACTIVITY 2: Balancing Marbles

DO: Place an old-fashioned balance on a table. Set out two bowls—one filled with red marbles, the other filled with blue marbles. Ask for two volunteers.

SAY: The blue marbles stand for the calories you take in. The red marbles stand for the calories you burn.

DO: Ask the first volunteer to place 10 blue marbles on one side of the balance. Ask the second volunteer to place 5 red marbles on the other side of the balance.

ASK: What happens when you take in more calories than you burn?

ANSWER: You gain weight.

DO: Ask the second volunteer to add 5 more red marbles to the balance.

ASK: What happens when you burn the same number of calories as you take in?

ANSWER: Your weight stays the same.

DO: Ask the second volunteer to add 5 more red marbles to the balance.

ASK: And what happens when you burn more calories than you take in?

ANSWER: You lose weight.

SAY: So if your goal is to lose weight, you'll want to burn more calories than you take in.

1 pound of body fat = 3,500 calories

To lose 1 pound per week: $3,500 \text{ calories} \div 7 \text{ days} = 500 \text{ calories/day}$

Let's look at an example. Please turn to "Paul's Story" in this module's handouts.

DO: Read (or have a volunteer read) the first page of the story. Discuss briefly.

SAY: Let's say Paul chooses the first option.

DISCUSS: How could Paul take in 500 fewer calories per day by changing his eating habits?

EXAMPLES: To take in fewer calories, Paul could:

- Bake chicken instead of frying it
- Drink water instead of soda or juice
- Have smaller portions
- Snack on carrot sticks instead of potato chips

DO: Refer participants to "Ways to Eat Fewer Calories", "Rethink Your Drink", and "Better Drink Choices Made Easy". Or look at them together.

SAY: Now let's say Paul chooses the second option.

DISCUSS: How could Paul burn 500 more calories per day by being more active?

EXAMPLES: To burn more calories, Paul could:

- Be active for more time
- Go farther or faster
- Go up steeper hills
- Lift heavier weights
- Take more steps per day

SAY: Again, a third option is for Paul to cut 500 calories per day through a mixture of eating and activity.

DISCUSS: Which of the three options do you think would work best for you? Why?

How to Track the Calories You Take In (10 minutes)

SAY: We've discussed the link between calories and weight. Now let's talk about how to track the calories you take in.

To figure out how many calories you take in, you need to know two things:

- What you eat and drink
- How much you eat and drink

Paul wants to know how many calories are in his breakfast. So he uses a measuring cup to measure each item. He has:

- Oatmeal made with 1 cup of oats, 2 cups of water, and a sprinkle of cinnamon
- 1 cup of coffee
- 1 cup of skim milk, which he divides between the oatmeal and the coffee

DISCUSS: Now that Paul knows these things, how could he find out how many calories are in his breakfast?

Ways to find calories in food include:

- Lists of calories in common foods
- Nutrition Facts labels
- Online tools
- Smart phone or computer apps

DO: Demonstrate use of an app or calorie list and calculate

SAY: Paul figures out that his breakfast has 400 calories.

DISCUSS: How could Paul record the calories in his breakfast?

Ways to record calories include:

- Smart phone or computer apps
- Spiral notebook
- Spreadsheet
- Voice recording

SAY: To learn more about how to track the calories you take in, see the Track Your Food handouts.

DO: Bring in some examples of ways to track the calories you take in. These can be online tools or apps or lists that you can print and share. Show participants how to use them. Also ask participants to share what they have found or are doing if they started tracking after the first session.

How to Track the Calories You Burn (10 minutes)

SAY: We've discussed how to track the calories you take in. Now let's talk about how to track the calories you burn.

After breakfast, Paul takes a walk. He wants to know how many calories he burns.

To figure out how many calories you burn, you need to know four things:

- How much you weigh
- Your activity
- How long you do it
- Your pace

Paul knows that he weighs 240 pounds because he weighs himself. He knows that his walk is 30 minutes long because he times it. And he knows that his pace is moderate because he uses the Talk Test.

ASK: What is the Talk Test?

ANSWER: Paul can talk, but not sing, through his activity.

DISCUSS: Now that he knows these things, how could Paul find out how many calories he burns during his walk?

Ways to find calories burned include:

- Lists of common activities
- Online tools
- Smart phone or computer apps

DO: Refer participants to "Ways to Burn Calories" in this module's handouts. Or look at it together.

SAY: Paul figures out that his walk burns about 90 calories.

DISCUSS: How could Paul record the calories his walk burns?

DO: If you'd like, bring in some examples of ways to track the calories burned with various activities. Show participants how to use them. You may wish to combine this with the discussion about recording calories taken in if most participants are using an app that does both.

How to Burn More Calories Than You Take In (10 minutes)

SAY: Once you know how many calories you take in and how many calories you burn in a given day, you can figure out your actual calories for that day. Let's go back to Paul.

DO: Read (or have a volunteer read) the second page of the story. Discuss briefly.

SAY: Remember, 1700 calories per day is Paul's goal.

A general rule of thumb for calorie goals for weight loss is:

For people who weigh less than 200 pounds, the calorie goal should be between 1250 – 1500 calories/day.

For people that weigh more than 200 pounds, the calorie goal should be between 1500 – 1750 calories/day

There are ways to accurately calculate a person's metabolic rate. If you want to do that instead of using the general rule of thumb, talk with your healthcare provider about your calorie goal.

DISCUSS: Do you think you can reach your goal through a mixture of eating and activity?

Setting goals: Plan for Success (10 minutes)

SAY: As you know, 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 Action Plan Journal. Review the concept of SMART goals.

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

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. This week, you could use calculating your calories burned or taken in as part of your 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: Tracking your calories can help you burn more calories than you take in. Between now and our next session, I'd like you to use whatever method you prefer to track the calories you take in and the calories you burn. Please do this for at least one day but you can do it every day if you would like. We will talk more about tracking in future sessions, so it's OK to just give it a try this week and see how it goes. If your SMART goals include more frequent tracking of calories, that's great!

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we discussed how to lose weight by burning more calories than you take in.

We talked about:

- The link between calories and weight
- How to track the calories you take in
- How to track the calories you burn
- How to burn more calories than you take in

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.