

SESSION 26: Manage your Weight – for Life!



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about keeping your healthy lifestyle going over the long term.

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: Keeping your healthy lifestyle going over the long term can help you maintain weight loss and stay healthy. Today, we will talk about:

- How far you've come since you started this program
- How to keep your healthy lifestyle going once this program ends
- Your goals for the next six months

Finally, you will make a new action plan.

Look How Far You've Come! (15 minutes)

SAY: Let's start by talking about how far you've come since you started this program a year ago.

DISCUSS: What healthy changes have you made in your eating?

What healthy changes have you made in your activity?

What challenges have you overcome to make those healthy lifestyle changes?

What have you learned about yourself along the way?

Optional Activity: Group Progress Report

ACTIVITY: Group Progress Report

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)

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.

Optional Activity: Individual Progress Reports

ACTIVITY: Individual Progress Reports

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)

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.

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.

Keep up the Good Work! (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 keep your healthy lifestyle going once this program ends.

Let's look at an example. Please look at "Rashaad's Story" in this module's handouts.

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

DISCUSS: Have any of you lost weight in the past, only to gain it back?

ASK: So why is it important to keep your healthy lifestyle going over the long term?

ANSWER: If you don't sustain your healthy habits, you can lose the progress and health benefits you've made.

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 keep your healthy lifestyle going once this program ends.

NOTE: *Your group can continue to connect after the program ends. You can facilitate this by forming a social network and by setting up get-togethers. (See "Program Overview" for more details.)*

Optional Activity: Guest Speaker

DO: Present a guest speaker who has already participated in group visits at your practice or has successfully lost weight and kept it off. Ask the speaker to describe how to get support and stay motivated to sustain healthy habits. Invite participants to ask questions

SAY: We've discussed how to keep your healthy lifestyle going after the group visits are finished. Now let's talk about your next steps. Please look at "Your Goals for the Next Six Months".

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. Then use the handout to discuss the healthy lifestyle skills they have learned in the program.

SAY: You've learned many healthy lifestyle skills in this program. I urge you to keep using these skills in the months and years to come. If you need to review any of these skills, see the handouts in your Participant Notebook.

Setting goals: Plan for Success (5 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:

SAY: We have come to the end of these group visits/sessions. Today, we discussed how keeping your healthy lifestyle going can help you maintain the benefits to your health you've seen and maintain weight loss. We talked about:

- How far you've come since you started this program
- How to keep your healthy lifestyle going once this program ends
- Your goals for the next six months

DISCUSS: Do you have questions about anything we talked about today, or anything at all?

SAY: And now it's time to celebrate!

DO: Hold a small celebration. Here are some ideas:

- Eat healthy snacks.
- Give each participant a group photo. Suggest that participants sign each other's photo.
- Hand out Certificates of Completion.
- Have a round of applause.
- Toast with sparkling water.