

SESSION 26: Manage your Weight – for Life!



Session Focus

Keeping your healthy lifestyle going over the long term can help you maintain a healthier weight.

This session we will talk about:

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

You will also make a new action plan!

Rashaad's Story

Rashaad wanted to lose weight and worked with his primary care clinic for a year. Rashaad is eating a healthy diet and taking walks each day. He worked up to being active for at least 175 minutes a week, at a moderate pace or more.

Rashaad's efforts paid off. One year later, he has reached his weight goal. And he feels better than he has in years.

But once his program ends, Rashaad finds himself slipping back into his old eating habits. He also starts skipping some of his daily walks. As a result, he gains back 5 pounds.

Rashaad knows he needs to find new ways to get support and he invites one of the people he met in his program to walk with him. He also signs up for a healthy cooking class at his local senior center.

Rashaad knows he needs to stay motivated and he sets a new weight goal. He decides to try a new recipe each week.

And he and his walking buddy agree to try new routes.

These days, Rashaad is eating well and staying active. His weight is healthy. And he still feels great.

How will you get support and stay motivated?

Your Goals for the Next Six Months

Activity Goal

Your goal could stay the same: In the next six months, I will get at least 175 minutes of activity each week at a moderate pace or more.

However, you can also set a new goal to further increase your physical activity. Being active at least one hour per day is shown to prevent weight regain.

Weight Goal

I weigh _____ pounds

IN THE NEXT SIX MONTHS, I WILL:

Lose weight

I will reach
_____ pounds

Maintain my weight

I will stay at
_____ pounds

Skills to Live By

You've learned many healthy lifestyle skills over the past year. Keep using these skills in the months and years to come.

Track your food, activity, and weight.

Tracking tells you if you are meeting your goals. Plus, it helps you see places where you are doing well, and places where you could improve.

Get back on track. It's normal to get off track with your eating and fitness goals over the course of your life. The important thing is to get back on track and prevent similar lapses in the future.

Update your action plan as needed.

Keep thinking about what you can do to be as healthy as possible.

Get support from family, friends, and others. They can help you stay on track with your eating and fitness goals.

Cope with challenges. You will need to deal with many challenges over the course of your life—time crunches, sources of stress, triggers, and more. Prevent challenges when you can, and cope with them when you must. Be creative!

Stay motivated. Set new goals. Celebrate your successes. And keep trying new recipes, cooking styles, and ways to be active.

Need to review any of these skills?

See the handouts in your Participant Notebook.