

SESSION 17: When Weight Loss Stalls



Session Focus:

Taking action when weight loss stalls can help with continued weight loss and weight loss maintenance. Today you'll cover how to start losing weight again.

Goals:

- Understand why weight loss can stall
- Understand how to start losing weight again

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did you do on your SMART goals since last visit?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Many people who make healthy lifestyle changes find that the pounds come off quickly at first. Then, all of a sudden, they start to have trouble losing weight. Their weight loss slows down, or even stalls. It's normal to have these periods of slow weight loss, called plateaus. If your weight loss stalls, the first step is to figure out why.

One reason your weight loss may stall is that you are not still tracking your eating and activity, if this is case, you may want to restart tracking.

Your weight loss may also stall because you've lost weight. And you haven't changed your eating and fitness goals to match your lower weight.

- The less you weigh, the less calories you need just to maintain your weight. So, in order to lose weight, you need to either take in fewer calories, or burn more calories. That means you need to change your eating and fitness goals.

- Your weight loss may also slow down if some of the weight you've lost is muscle. Muscle burns calories, even at rest - when you lose muscle, you don't burn as many calories.
- You can recalculate your energy needs using the calculators you used at the beginning of your efforts to manage your weight:
 - <https://www.niddk.nih.gov/research-funding/at-niddk/labs-branches/laboratory-biological-modeling/integrative-physiology-section/research/body-weight-planner?dkrd=prspf0115>
 - <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>
 - <https://www.inchcalculator.com/mifflin-st-jeor-calculator/>
- Finally, your weight loss may slow down once you're no longer in the early stages of lifestyle change. When you first start cutting calories to lose weight, your body loses some water. For most people, weight loss slows down once they stop losing water. Once you know why your weight loss has stalled, the next step is to make a plan to start losing weight again.

Make sure you let the person know that it's normal to get off track with these goals from time to time. The important thing is to get back on track and to keep going.

Consider working through this process with the person:

1. Describe the problems that got you off track (recognizing that not all people will be "off track", some are experiencing natural physiological changes, so important not to make people feel blamed).
2. Come up with options for solving these problems.
3. Choose the best options.
4. Make an action plan.
5. Try it.

If the weight loss plateau may be related to weighing less now, you can help the person figure out how much their daily calorie needs have changed since they started this program. You can use the same calculator you may have used in the beginning, or the rule of thumb (if the weight change was enough to put the person in a different category – 1250–1500 for people less than 250 pounds, 1500–1750 for people who weigh more than 250 pounds.

<https://www.inchcalculator.com/mifflin-st-jeor-calculator/>

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about weight loss leveling off and ways to address that.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 18: Take a Fitness Break



Session Focus:

Taking a 2-minute fitness break every 30 minutes can help with weight management. This module teaches participants how to overcome barriers to taking fitness breaks.

Goals:

- Recognize the link between sitting still and weight
- Identify some challenges of taking fitness breaks and ways to cope with them

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did you do on SMART goals since the last session?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Start by explaining the link between sitting still and weight gain and other comorbidities like type 2 diabetes. You can use the example of "Terry's Story" in this module's patient handouts if you want to. Explain that this is why it is recommended that people get up and move some each hour they may be sitting (working, watching TV, etc.). That's why experts say it's important to get out of your seat. They suggest taking a 2-minute fitness break every 30 minutes. The break doesn't need to be long or vigorous. The key is to move.

ASK:

How about you? How much of your waking hours do you spend sitting still? Ask the person to think of some things they could do as a 2-minute fitness break. Some options are:

- Dance
- Do side steps
- March or jog in place
- Touch your toes
- Walk around
- Simple exercises like jumping jacks, crunches
- Go up and down a flight of stairs

Challenges and ways to cope include:

- I don't have time for fitness breaks.
- To fit in fitness breaks when you travel: Stand on the bus or train.
- To fit in fitness breaks while you watch TV or videos: March or jog in place.
- To fit in fitness breaks while you use a computer: Stand up.
- To fit in fitness breaks while you talk on the phone: March in place.
- To fit in fitness breaks at work: Take the stairs.

I forget to take fitness breaks.

- Set a timer or an alert on your watch. Fitbits have reminders built in.
- Ask your friends or family to remind you.

AGREE:

Make a new action plan using SMART goals.

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about increasing every day activity/taking a "fitness break."

SMART goals are:

- **Specific**: what someone will do and how and where they will do it
- **Measurable**: how will people know if they've achieved the goal
- **Achievable**: something that the person can realistically attain
- **Relevant**: related to the overall goal
- **Time-bound**: for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ___ weeks for follow-up

SESSION 19: Stay Active to Manage your Weight



Session Focus:

Staying active over the long term can help with weight loss and prevent weight gain. Today you'll discuss how to cope with some challenges of staying active.

Goals:

- Identify some benefits of staying active
- Identify some challenges of staying active and ways to cope with them
- Reflect on how far they've come since they started this program

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did you do on SMART goals since the last session?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Start by talking about some benefits of staying active over the long term. You can "Teo's Story" in this module's patient handouts if you want to.

Discuss that besides eating well, consistent exercise is associated with maintaining weight loss. How can Teo (or the patient if you're not using the story) keep off the weight they've lost?

Discuss that staying active has other benefits:

1. Better sleep and mood
2. Improved balance and flexibility
3. Lower blood pressure and cholesterol
4. Lower risk of heart attack and stroke
5. Lower stress level
6. More energy
7. Stronger muscles

Emphasize that they've already overcome the initial challenge of becoming active and now can focus on staying active over the long term.

Life events may get in the way and sometimes people may feel less motivated over time. As a result, sometimes people go back to old habits. If you used the story, go back to paragraphs 3 to 5. Discuss why it is a challenge for Teo to stay active. Ask what the person thinks could make it difficult for them to stay active.

What are some ways to cope with these challenges?

CHALLENGES AND WAYS TO COPE	
Challenges:	Ways to cope:
<i>I feel less motivated:</i>	<i>Plan ahead, keep it fun.</i>
<i>I have less time due to life changes:</i>	<i>Walk to get places. Ask for help.</i>
<i>I have less money due to life changes:</i>	<i>Do free activities. Buy workout clothes and supplies on sale.</i>
<i>The weather is making it hard to walk outside:</i>	<i>Dress for the weather. Walk in a mall.</i>
<i>I'm injured:</i>	<i>Find another way to be active. Consider physical therapy if you are able to do that.</i>

ASK and ENCOURAGE:

- 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?

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about staying active over the long term.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 20: Stay Active Away from Home



Session Focus:

Staying active away from home can help support weight management. This module teaches participants how to stay on track with their fitness goal when they travel for work or pleasure.

Goals:

- Identify some challenges of staying active away from home, and ways to cope with them

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant: What went well? What didn't go so well? How did you do with your SMART goals from last time?
- Ask about anything else they tried at home: What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Whether you travel for work or for pleasure, it can be challenging to stay on track with your fitness goal when you're away from home. You can review "Sherry's Story" in this module's patient handouts.

ASK:

- What makes it hard for you to stay active when you're away from home?
- What are some ways to cope with these challenges?
- **Challenges and ways to cope include:**
 - I'm too busy seeing sights: *see sights while you are active.*
 - I'm visiting friends or family: *look for activities that they can do with you.*
 - I have to travel a long way: *do leg lifts while you ride.*
 - I don't know my way around: *walk inside a local mall.*
 - I can't use my fitness center: *pack a resistance band.*
 - I don't have my workout buddy: *be active by yourself.*

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about staying active away from home.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 21: Learn About obesity related diagnoses and T2 Diabetes



Session Focus:

Use this focus to review overall health parameters such as blood pressure, cholesterol, blood sugar readings, fitness level, etc. that have changed since the participant started the weight management process. If the participant has or is at risk for Type 2 diabetes, you can review the participant handouts from this session as well.

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant: What went well? What didn't go so well?
- Ask about anything else they tried at home: What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about tracking your food and drink intake.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 22: More About Carbs



Session Focus:

Learning more about carbohydrates can help manage weight and prevent or delay type 2 diabetes. This module gives participants a deeper understanding of carbs.

Goals:

- Recognize the link between carbs and blood sugar
- Identify the various types of carbs
- Describe a healthy approach to carbs
- Explain how to find the amount of carbs in food

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did it go with SMART goals since last session?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ASK:

Have a discussion with the participant about how they view carbs and what they know about "healthy" carbs. Points to make sure come up:

- Everyone needs some carbs
- Carbs can be related to having higher blood sugar after eating, especially for people who have diabetes or pre-diabetes.
- Different types of carbs are metabolized differently, so some take longer to metabolize and are less likely to increase blood sugar

Please use the patient handouts for this module to review different types of carbohydrates and how to find the carbohydrate content of packaged foods.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about carbohydrates if it applies to this patient.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 23: Have Healthy Food You Enjoy



Session Focus:

Eating healthy food can be enjoyable and can help with weight management. This module teaches participants how to have healthy food that they enjoy.

Goals:

By the end of the session, participants will describe:

- How to take a healthy approach to eating
- How to make healthy choices
- How to have healthy food that they enjoy

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did you do with your SMART goals since the last visit?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

People eat for a variety of reasons. Taking a healthy approach to eating can help you have healthy food that you enjoy.

Review "Anthony's Story" in this module's patient handouts if you want to.

ASK:

How do you feel when you get very hungry? Do you ever make unhealthy choices when you get very hungry? Do you ever eat when you're not hungry? Why?

Eating is one of life's true pleasures. Food isn't just something that fills your stomach. It's also a feast for your senses and often the center of social events.

- How important do you think it is to enjoy what you eat?
Could you stick with a way of eating that you didn't enjoy?
- Please look at "Recipe Makeover".
- What are some other ways to make healthy choices enjoyable?

Some resources:

<https://tasty.co/article/jesseszewczyk/healthy-comfort-food>
<https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-makeovers/healthy-meal-makeovers>

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about making healthy food enjoyable.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 24: Keep Your Heart Healthy



Session Focus:

People who have obesity are also at risk for heart problems. This module teaches participants how to keep their heart healthy.

Goals:

- Understand why heart health matters
- Understand how to keep their heart healthy
- Understand how different dietary fats affect the heart

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did it go with your SMART goals?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Review cardiovascular problem that can occur related to obesity:

- Chest pain (angina)
- Getting out of breath easily
- Kidney problems
- Narrow or blocked arteries in your legs
- Numbness
- Sexual problems
- Sudden death
- Thickened heart muscle
- Vision loss

If you've been working with this person for a while, they may already:

- Be active
- Be trying to reach and stay at a healthy weight
- Eat foods that are high in fiber, water, vitamins, minerals, and protein
- Eat foods that are low in calories and fats
- Manage stress

Other things you can address: cutting back on salt and alcohol and quitting smoking.

If someone is interested in quitting smoking, see the handout called "Ready, Set, Quit!"

- As we've said, it's important to limit foods that are high in fats, especially unhealthy fats. Let's spend some time talking about fats and how they affect your heart.
- We all need a certain amount of fat in our diet. It gives us energy and helps us absorb vitamins. It helps us grow and stay healthy.
- At the same time, fat is very high in calories. In fact, it has more calories than any other food. So in order to reach or stay at a healthy weight, you'll want to limit fat.
- Plus, some fats are good for your heart and arteries. Others are bad for your heart and arteries.

You can use "All About Fats" from the patient handouts for more information on the different types of fats.

AGREE:

Make a new action plan using SMART goals.

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about improving your heart health.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

RETURN in ___ weeks for follow up.

SESSION 25: Get Back on Track



Session Focus:

Maintaining your success with your eating and fitness goals can help prevent weight regain. This module teaches participants what to do when they get off track and want to return to their health-promoting habits.

Goals:

By the end of the session, participants will explain how to get back on track with their eating and fitness goals and prevent similar lapses in the future by:

- Staying positive
- Following the five steps of problem solving

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Start by assuring the person that it's normal to get off track with eating and fitness goals from time to time. It's important to get back on track by:

1. Staying positive
2. Using the five steps of problem solving

You can use "Kofi's story" in the patient handouts for this module if you want to.

Next talk about being able to solve the problem that has caused difficulty with sticking to goals. You can recommend this method, which has five steps:

1. Describe your problems.
2. Come up with options.
3. Choose the best options.
4. Make an action plan.
5. Try it.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about problem solving when you get off track.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 26: Manage your Weight – for Life!



Session Focus:

Keeping a healthy lifestyle going can help maintain your weight loss. This module helps participants reflect on their progress and keep making positive changes over the long term.

Please note: This module should be done at the last session.

Goals:

- Reflect on how far they've come since they started this program
- Explain how to keep their healthy lifestyle going once this program ends
- Set their goals for the next six months (whether they are planning to still come in for visits or not)

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did you do with your SMART goals since the last visit?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

At this visit, focus on the progress and change the person has made over the year or so that they have been seeing you:

- First, congratulate them on all the hard work!
- Review any physical changes (weight, blood pressure, lab values, etc.)
- Ask them to summarize their habit changes: how did their diet and physical activity change, what did they learn
- Discuss what they see for themselves going forward
- Remind them that they can always come back for further support and continue to look for other sources of support from family, friends, classes, community organizations, etc.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about maintaining weight loss over the long-term.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ___ weeks for follow-up

(maybe this time for routine health care, or for a weight specific visit if you have decided to continue)