

# SESSION 8: Shop and Cook to Manage Your Weight



## Session Focus:

Healthy shopping and cooking can help with weight management. Today you'll discuss how to buy and cook healthy food.

## Goals:

- Able to identify healthy food
- Basic understanding of how to shop for healthy food
- Basic understanding of how to cook healthy food

## ASK and ASSESS:

### Review Action Plan from previous session:

- Ask the participant:  
What went well? What didn't go so well?  
Check in on how they did with their 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:

In order to shop for and cook healthy food, you need to know which items are healthy. Let's do a quick review. Which items should you choose most of the time?

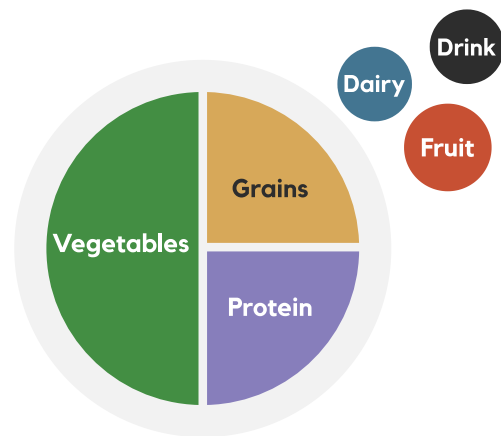
### Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein
- Limit items that are:
  - High in calories, fat, and sugar
  - Low in fiber and water
  - Low in vitamins, minerals, and protein

### Review MyPlate with patient:

- ½ plate is non-starchy vegetables
- ¼ grains or starchy foods
- ¼ protein

Check in to see if they have tried this approach and whether it has been helpful to them.



### Remember—your meals can include:

- A small amount of dairy foods
- A small amount of fruit
- A drink that has low or no calories

### Review patient handouts:

“My Meals and Snacks” and “My Shopping List” help with meal planning and shopping from a list. Discuss ways to shop that will save money and also limit impulse buying:

#### Before shopping:

1. Find out about sales.
2. Gather coupons.
3. Find recipes.
4. Plan meals and snacks.
5. Check your kitchen.
6. Make a shopping list.
7. Have a healthy snack.

#### While shopping:

1. Look for the lowest unit price.
2. Use food labels.
3. Stick to your list.
4. Choose family packs.
5. Avoid prepared meals.
6. Buy items on sale.

### Then discuss some tips for healthy and easy cooking:



#### Ways to save time when you cook include:

1. Clean as you cook.
2. Cook large batches.
3. Cut up veggies or fruit in advance.
4. Use a slow cooker.
5. Use leftovers.



### Ways to make healthy food that you enjoy include:

1. Change your favorite dishes.
2. Choose good quality items.
3. Grill or roast veggies and meat.
4. Learn healthy cooking methods.
5. Try new cooking styles and ingredients.



### Ways to cook with less fat include:

1. Coat pans with healthy cooking spray.
2. Simmer in water or stock.
3. Steam or microwave.
4. Use nonstick cookware.

Some options for learning to cook in a way that results in health-promoting foods are taking classes or looking online for recipes or tutorials. Here are some options for online information, consider exploring what is available in your community as well:

- <https://www.heart.org/en/healthy-living/healthy-eating>
- <https://www.eatingwell.com/>
- [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/index.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/index.htm)
- <https://www.myplate.gov/>
- <https://cookingmatters.org/>

## 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 shopping and cooking to support a healthy diet.

### 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 9: Manage Stress



## Session Focus:

Managing stress can help with weight management. This module teaches participants how to reduce and deal with stress.

## Goals:

- Identify some causes of stress
- Understand the link between stress and weight gain
- Identify some ways to reduce stress
- Identify some healthy ways to cope with stress

## ASK and ASSESS:

### Review Action Plan from previous session:

- Ask the participant:  
What went well? What didn't go so well?  
Review how they did with their SMART goals from the previous 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:

**Today we will talk about what causes stress for you. Can you tell me what causes stress in your life? (If they don't have specific ideas or thoughts to share initially, you can give some examples):**

- Conflict with other people
- Health problems
- Money problems
- New job or baby
- Not enough time
- Too many duties
- Unhappy with job
- Vacation
- Wedding

After this, you can discuss the link between stress and weight. Explain that feeling stressed can change a person's body chemistry in a way that makes it hard to maintain a healthy weight and causes them to act in unhealthy ways – eating when they are not hungry, not exercising, drinking too much alcohol. Explore whether the person feels this is true for them. This is a session where an integrated behavioral health approach could be used - either through a joint visit or with a warm hand-off to a behavioral health provider.

**Next discuss some ways to cope with stress.** You can initially ask if they have ways to cope. If not, some things you can discuss or suggest include:

1. **Ask for help.** Feel free to ask your friends and family for help. They care about you and want the best for you. And you can help them another time.
2. **Exercise:** go for a walk, stretch, do yoga
3. **Get enough sleep.** Shoot for 8 hours per night.
4. **Have fun!** Make time to do something you enjoy.
5. **Prioritize happiness.** Go for a walk with a friend, read a book, or watch a video ... whatever makes you happy.
6. **Just say "no."** Learn how to say no to things you don't really want or need to do.
7. **Know yourself.** Know what situations make you feel stressed. Plan how to cope with them.
8. **Make a to-do list.** Put the most important things on top.
9. **Remind yourself.** Use notes, calendars, timers— whatever works for you.
10. **Set small, doable goals.** Divide large goals (like weight loss) into smaller chunks.
11. **Solve problems.** When you have a problem, try to solve it promptly. That way, it won't become a source of stress in your life.
12. **Take care of your body and mind.** That way, you'll be more prepared to tackle stressful situations.

- <https://www.verywellmind.com/tips-to-reduce-stress-3145195>
- <https://health.clevelandclinic.org/how-to-relieve-stress/>
- <https://www.headspace.com>

## 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 managing stress.

### 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 10: Make Time for Fitness



## Session Focus:

It can be challenging to fit in at least 175 minutes of activity each week. Today you'll discuss how to find time for fitness.

## Goals:

- Identify some benefits of being active
- Recognize the challenge of fitting in fitness
- Understand how to find time for fitness

## 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?
- 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:

**Today we will review the benefits of being active. First tell me what benefits you see in your own life, and what might motivate you to be active. (If they don't really have ideas, you can suggest some of these):**

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

**Next explore with the person some ways they can fit in fitness anytime including:**

1. Plan ahead and put on the calendar.
2. Tweak their schedule (get up 30 minutes earlier in the morning, walk at lunch time, meet a friend for a walk instead of a meal, walk after dinner).
3. Use a fitness app or tracker.

**Ways to fit in fitness while you get to places include:**

1. Get off the bus one stop early.
2. Park your car farther away.
3. Walk or ride your bike.

**Ways to fit in fitness while you watch TV include:**

1. Dance.
2. Lift weights.
3. March in place.

**To fit in fitness while you get things done, move briskly while you:**

1. Rake your lawn
2. Sweep your floor
3. Walk your dog

**Ways to fit in fitness while you socialize include:**

1. Join a walking club.
2. Take a fitness class.
3. Talk on the phone with a friend while you march in place, walk, or climb stairs.
4. Walk with a family member or friend.

**Ways to fit in fitness at work include:**

1. Join a nearby gym.
2. Take a brisk walk during your lunch break.
3. Take part in a fitness program at work.

Walk around or march in place while you talk on the phone

## **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 finding time for exercise. Is there something new you could do to increase your amount of physical activity?

**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 11: Coping With Triggers



## Session Focus:

Coping with triggers for unhealthy behaviors can help with maintaining a healthy weight. Today you will discuss how to cope with triggers of unhealthy behaviors.

## Goals:

- Identify unhealthy food shopping triggers and ways to cope with them
- Identify unhealthy eating triggers and ways to cope with them
- Identify triggers of sitting still 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 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:

Triggers can be sights, smells, sounds, or feelings that you react to in a certain way, without even thinking about it. They can also be people, places, activities, or situations. Some triggers are helpful. For instance, when you touch something very hot, you let go. But other triggers are harmful. These include triggers that keep you from reaching your eating and fitness goals.

### Examples of triggers:

#### Unhealthy shopping triggers and ways to cope include:

- I'm hungry: *have a healthy snack, like baby carrots, before you go shopping.*
- I feel sad/anxious/ stressed/mad: *put off the shopping trip until you feel better.*
- It's on sale, or I have a coupon for it: *don't clip coupons for unhealthy items.*
- It looks tempting: *stay away from tempting parts of the store.*
- I always buy this: *shop with a list, and stick to it.*
- It's for my spouse/kids/ grandkids: *show your love in a healthy way.*



### Unhealthy eating triggers and ways to cope include:

- I'm hungry: *eat something healthy, like an apple.*
- I like to nibble on this while I watch TV: *avoid eating out of large containers and bags.*
- I feel sad/anxious/ stressed/mad: *ease your feelings in healthy ways.*
- I feel bored: *do something healthy.*
- I feel lonely: *contact your friends or family.*
- This is easy to get or make: *stock up on healthy items that are easy to get or make, like baby carrots.*
- I don't want to waste food: *freeze the leftovers.*

### Triggers of sitting still and ways to cope include:

- I'm tired: *get more sleep at night or take a short nap.*
- I feel sad/stressed/ anxious/mad: *ease your feelings in healthy ways.*
- My joints/feet hurt: *find ways to be active that are easy on your body.*
- I always lie on the couch and watch TV after dinner: *ride a stationary bike while you watch TV or be active during ads.*

**Discuss with the patient what they think their personal triggers are for each of these areas (if they have them in each area). Discuss some ways they could respond to those triggers to lessen behaviors they are trying to change. This is another session where you could involve a behavioral health provider.**

## 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 triggers for shopping, eating, and sitting still.

### 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 12: Get Enough Sleep



## Session Focus:

Getting enough sleep can help with weight management. This module teaches participants how to cope with some challenges of getting enough sleep.

## Goals:

By the end of the session, participants will:

- Explain why sleep matters
- Identify some challenges of getting enough sleep 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 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:

**Start by talking about why sleep matters. Some things to mention include that people who do not get enough sleep might:**

1. Be drowsy during the day
2. Get sick
3. Have high blood pressure
4. Have trouble thinking, paying attention, and getting things done
5. Lose control of your car
6. Be depressed
7. Eat more
8. Gain weight

Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. And your brain has trouble knowing when you've had enough to eat.

Ask the person about their sleep habits: consistency, how long they sleep, whether they feel rested in the morning. Assess whether there may be a medical problem such as Obstructive Sleep Apnea.

### Challenges to getting enough sleep and ways to cope include:

- I stay up too late getting things done: *ask family and friends to help you.*
- I'm too hot or too cold: *dress for the room temperature or change it.*
- My bed partner is restless or noisy: *wear earplugs or ask your partner to sleep on their side or stomach.*
- There's too much noise: *turn on a fan or other white noise.*
- There's too much light: *wear a sleep mask or use light-blocking window coverings.*
- I keep getting up to use the bathroom: avoid caffeine and alcohol.

Recommend establishing a "wind down" routine that starts a couple of hours before bedtime. Discuss what this might look like for the person.

## 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 the importance of sleep.

### 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 13: Take Charge of Your Thoughts



## Session Focus:

Taking charge of your thoughts can help with maintaining a healthy weight. You'll discuss how to replace harmful thoughts with helpful thoughts.

## Goals:

- Recognize the difference between harmful and helpful thoughts
- Understand how to replace harmful thoughts with helpful thoughts

## 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?
- 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:

Harmful thoughts get in the way of your eating and fitness goals. Helpful thoughts help you reach your eating and fitness goals.

**Examples of harmful and helpful thoughts are on the following page.**

Start a conversation about these thinking patterns and which ones the patient identifies with. These can be the targets of SMART goals for this session. People often aren't aware of their own thought patterns and how that can contribute to feeling defeated. Encourage people to identify at least one harmful thinking pattern they fall into and that they could to try adjust between this session and the next.

## HARMFUL VS. HELPFUL THOUGHTS

	<b>Harmful thought:</b>	<b>Helpful thought to replace it with:</b>
<b>All or Nothing Thoughts</b>	<i>"I can't eat ice cream ever again."</i>	<i>"I can have ice cream once in a while." OR "When I do have ice cream, I'll measure it."</i>
	<i>"Exercise is boring."</i>	<i>"I haven't found an activity that I enjoy yet." OR "I'll keep trying new activities until I find one that I like."</i>
<b>Excuses</b>	<i>"It's too cold/hot outside to go for a walk."</i>	<i>"I will dress for the weather and walk anyway." OR "I will work out indoors."</i>
	<i>"I can't meet my eating goals because my spouse keeps making cookies."</i>	<i>"I find the cookies tempting." OR "I will ask my spouse to make something healthy instead."</i>
<b>Filtering Thoughts</b>	<i>"No one else supports my healthy lifestyle."</i>	<i>"My friend Shelly supports it." OR "I will ask for more support."</i>
	<i>"I haven't stuck to my diet at all this week."</i>	<i>"I stuck to my diet four out of seven days." OR "I have a plan for how to stay on track in the future."</i>
<b>Self-Labeling Thoughts</b>	<i>"I'm such a weakling."</i>	<i>"I can climb the stairs without getting out of breath now." OR "I'll be a little more active each week."</i>
	<i>"I'm the world's worst cook."</i>	<i>"My daughter liked the stir-fry I made last night." OR "I'll keep learning more about cooking."</i>
<b>Comparing Thoughts</b>	<i>"Teo has lost so much more weight than I have."</i>	<i>"My weight loss has slowed down." OR "I'll ask Teo for some tips."</i>
	<i>"Stella is so much stronger than I am."</i>	<i>"I'd like to be stronger." OR "I'll try using a resistance band."</i>
<b>Gloom and Doom</b>	<i>"I just know I'm going to get hurt. Then I won't be able to work out."</i>	<i>"I'll take steps to work out safely." OR "If I do get hurt, I'll find a different way to be active."</i>
	<i>"I just know I'm never going to lose weight, since both of my parents were overweight"</i>	<i>"I know a lot more about how to manage my weight than my parents did." OR "I'll do what I can to manage my weight."</i>

## 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 taking charge of your thoughts.

### 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 14: Get Support



## Session Focus:

Getting support from other people can help people change behaviors and manage their weight. This module teaches participants how to get support for their healthy lifestyle.

## Goals:

- Help people understand and identify how to get support from family, friends, and coworkers; groups, classes, and clubs; and professionals

## 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 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:

**Encourage:** You've been working hard to make healthy changes in your lifestyle. Your family, friends, and coworkers can have a big impact on those efforts, for better or for worse.

**Ask:** What are some ways that family, friends, and coworkers might get in the way of your healthy lifestyle. This is not always on purpose, but it happens. **If the person does not have any ideas, here are some suggestions you can make:**

### They hinder your healthy lifestyle when they:

1. Buy and cook unhealthy items
2. Complain about the healthy items you buy and cook
3. Criticize you for failing to reach your eating and fitness goals
4. Eat unhealthy items, and offer them to you
5. Invite you to do mainly sedentary activities
6. Make it hard for you to find time to be active
7. Refuse to do active things with you
8. Tell you you're fine the way you are, so you don't need to change

To support your healthy lifestyle, they could:

1. Agree to do active things with you
2. Buy and cook healthy items
3. Eat healthy items, and offer them to you
4. Encourage you to stick to your healthy lifestyle
5. Invite you to do active things
6. Praise you for being active
7. Praise the healthy items you buy and cook
8. Tell you you're making great progress

To get them to support your healthy lifestyle, you could:

1. Share facts you have learned about weight management
2. Tell them why you are trying to lead a healthy lifestyle
3. Ask them nicely to support your efforts
4. Give them regular updates on your progress
5. Set family rules

You could also invite them to:

1. Be active with you
2. Plan and shop for healthy meals with you
3. Cook and eat healthy food with you

We've talked about how to get support from family, friends, and coworkers. **Now let's talk about how to get support from other people in your community.**

- One way to get support from others in your community is to join a support group. Some support groups meet in person. Others connect online. Support group members share facts, ideas, and feelings. They listen to and encourage each other.
- Another way to get support from others in your community is to join an online health community. There are health communities for people with a range of lifestyle goals. Members share tips and stories, compete with each other, and cheer each other on.
- Another way to get support from others in your community is to take a class or join a club. This lets you learn about and practice healthy habits with like-minded people.

**Explore ideas the person has for groups or sources of support that may be available to them for eating and physical activity goals.**

- If they do not have any, talk about ways to find groups, classes, and clubs that support healthy lifestyles and consider identifying some that are available in your community.
- If possible, provide a list of local groups, classes, and clubs that participants might be interested in.
- For people that may have economic challenges, consider providing a list or referrals to community-based organizations that might help with food, transportation, 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 getting support.

### 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 15: Eat Well Away From Home



## Session Focus:

Eating well away from home can help people stick to their weight management plan. Today you'll discuss how to stay on track with eating goals at restaurants and social events.

## Goals:

- Identify some challenges of eating well at restaurants and social events
- Understand how to plan for and cope with these challenges

## 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 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:

**It can be challenging to eat well at restaurants. What do you find challenging about eating at restaurants. (If they don't have any ideas, you can mention some of the following):**

- Large portions
- No healthy choices
- Not knowing ingredients or how food was made
- Tempting food
- Wanting to be polite
- Wanting to get your money's worth

We've talked about some challenges of eating well at restaurants. Now let's talk about how to plan for and cope with those challenges.

The first thing to do is choose a restaurant. In order to choose a restaurant wisely, it's a good idea to look at the menu in advance. You may be able to find it online. Or you can pick it up in person. Discuss looking for items that are baked, broiled, low-fat or steamed.

**Encourage asking:** How is this made? What ingredients are in this? What kind of oil is this cooked in?

**Encourage asking for healthy swaps:** Can I have this baked/ steamed/broiled/grilled instead of fried? Can I have the dressing/ sauce/gravy/sour cream/ butter on the side? Can this be cooked in vegetable oil instead of lard/butter?

**Encourage thinking about portion size and asking:** Can I get the smallest size of this item? Can I have an appetizer instead of a main course? Can my friend and I share this item?

Social events can also be challenging with respect to healthy eating. Ask the person what they find challenging about eating at social events. If they don't come up with something, you can bring up: large portions, no healthy choices, not knowing ingredients or how food was made, pressure from others, tempting food, wanting to be polite, wanting to join in.



#### Ways to prepare for social events include:

- Have a healthy snack at home so you won't be too hungry.
- Tell the hosts about your eating plan.
- Ask if you can bring something healthy.



#### Ways to eat well during social events include:

- Ask about ingredients and how dishes were prepared.
- Fill up on non-starchy veggies or a broth-based soup.
- Keep a glass of water in your hand.

## 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 eating well 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 16: Stay Motivated to Manage your Weight



## Session Focus:

Staying motivated can help with weight management. Today you'll reflect on progress and plan to keep making positive changes over the next several months. **(Recommended to cover this at six months.)**

## Goals:

- Reflect on how far the person has come since they started this program
- Identify the next steps
- Set goals for the next six months

## ASK and ASSESS:

### Review Action Plan from previous session:

- Ask the participant: What went well? What didn't go so well? Check in about how they did with their 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.

**Start by looking at how far the person has come since starting this program six months ago. You've probably been reviewing all along, but can be encouraging to look at progress over time. Stress changes in behavior and improvements in health if the weight loss isn't what the person was hoping for.**

- Ask the participant: What healthy changes have you made in your eating? What healthy changes have you made in your fitness? What challenges have you overcome to make those healthy lifestyle changes?

## ADVISE:

- 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 stay motivated over the next six months. What might you find challenging about staying motivated?
- Talk about what to expect over the next six months of the program. Talk about the topics you will cover and how often visits will occur. Answer questions as needed.
- Meeting less often can make it challenging to stay motivated and I urge you to continue to come in. And remember: There are other ways to get support. What are some other ways for you to get support?

Now let's talk about your next steps. Please look at "Your Goals for the Next Six Months" in this module's handouts.

- 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.

Help the participant fill in their weight goal.

## 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 motivated.

## 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