

HOPE Clinician and Health Coach Guide



FOR MORE INFORMATION, CONTACT:

Andrea Nederveld, MD, MPH
Andrea.Nederveld@cuanschutz.edu
Department of Family Medicine
at the University of Colorado

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SESSION 1: Introduction to the Program and Calorie Balance



Session Focus:

This introductory module helps participants change their lifestyles by moving them from the thinking phase to the action phase. It sets the stage for the HOPE approach. HOPE is based on the National Diabetes Prevention Program, a proven program to prevent or delay type 2 diabetes in those at high risk through weight loss.

Goals:

- Identify the goals and structure of HOPE
- Understand how to make an action plan
- Set goals and plan basic actions

ASK and ASSESS:

First, try to UNDERSTAND this patient's motivation to change habits and lose weight, using motivational interviewing or similar techniques. You can start by saying something like: "I'm so excited to be working with you over the next year to manage your weight. I'd like to start by understanding why you decided to participate in this program. Can you tell me about that?"

DISCUSS with Patient:

Program goals:

- Lose around 10% of starting weight by the end of one year (explain: losing 10 pounds for every 100 pounds the patient weighs now. If they weigh 200 pounds, they would aim to lose about 20 pounds.)
- Work up to getting at least 175 minutes (about 30 minutes of physical activity six days/week) of moderate intensity physical activity each week – can talk while exercising, but can't sing (biking, brisk walking, dancing, etc.). 175 is the minimum goal, some people may be able to do more. This likely depends on how active they are to start.

Review participant notebook - this is where people will keep their action plans, food and activity logs if using paper rather than an app. It is also where any included handouts can be kept:

- Emphasize to the patient that this is a really important item. Please bring it to every visit.
- Contains information and resources for home as well as paper tracking logs and action plans (goals)

ADVISE:

Discuss what will happen at each visit:

- Track weight (does not have to be at every visit) and review tracking of diet and physical activity
- Discuss any medication or medical management of weight or other conditions
- Review your physical activity time and your diet/calorie goals.

Focus will be on specific ways to:

- Eat well, improve diet quality (increase fruit and veggie consumption), and reduce energy intake to lose weight
- Be active – increase activity over time to 175 minutes per week of moderate activity
- Changing other things like sleep and stress management as these are important to maintaining health and a healthy weight

AGREE on weight loss goal (generally around 10% over the course of the program – can set smaller goal for first six months, like 5–7% if you prefer. People usually have goals of more than 10% and it's good to emphasize that starting with smaller goals is more realistic and that there are significant health benefits to losing 10%)

People can fill in their weight goal in the participant handouts:

- What they weigh now
- What percentage of weight they want to lose
- How many pounds this percentage of weight is

AGREE on an action plan using SMART goals:

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.

Goals should not be things like "I will lose 3 pounds this week."

ASSIST:

- At the next session, we'll discuss how things went with your action plan.
- Schedule next visit in ___ weeks
- Place or arrange for any referrals for other care, orders for labs or prescriptions.
- Ask patients to review the "Things to Try at Home":
 - **Action Plan:** note the SMART goals for diet, physical activity and stress management/self-care on goal sheet and make sure patient has this copied/written down as well

SESSION 2: Burn More Calories Than You Take In



Session Focus:

This module teaches participants how to lose weight by burning more calories than they take in.

Goals:

- Recognize the link between calories/energy intake and weight
- Know how to track the calories/energy they take in
- Know how to track the calories/energy they burn
- Understand how to burn more calories/energy than they take in

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 from 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:

Energy balance is the main principle of weight loss or gain.

In order to lose weight, people have to burn more calories than they take in. There are factors which contribute to how fast people burn calories, but weight loss always depends on a calorie loss or deficit.

- **In general:** 1 pound = 3500 calories. If people want to lose 1 pound per week, they need to average a 500 calorie deficit every day.
- **However:** there are other contributing factors and weight loss can differ among people. Using a weight loss calculator can be helpful; here are some user-friendly examples you can use with people:
 - <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/>

- The patient handouts illustrate this and also help people identify ways to reduce calories.
- Options are: Burn 500 more calories (about an hour of moderate to intense exercise), eat 500 less calories, or combine the strategies.
- If using the calorie calculator is too complex for a particular patient, a rule of thumb for calorie levels to lose about 1 pound/week: 1250 – 1500 for people weighing less than 200 pounds, 1500 – 1750 for people weighing more than 200 pounds. However, this does not account for activity level.
- In the coming sessions, other ways to track diet are discussed.

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 measuring calories taken in and burned.

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 3: Eat Well to Manage Your Weight



Session Focus:

Eating well is foundational for weight management. This module introduces the concept of healthy eating. The HOPE approach does not endorse a specific diet as evidence supports multiple dietary approaches (Mediterranean, Low-carb, Intermittent fasting, etc. – see resources on HOPE website and eLearning modules).

Goals:

- Understand basic principles of how to eat well to manage their weight
- Understand how to build a healthy meal
- Be able to identify the items in each food group

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 from 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:

Today, we are going to talk about eating well to manage weight. Calories are a measure of energy and come from foods and drinks. Losing weight requires a reduction in total calorie intake.

Main points:

- Fat is high in calories and fats that are solid at room temperature can harm your heart.
- Sweet foods can be high in calories, although not as high as fatty foods. (1 tablespoon white sugar has 48 calories. 1 tablespoon butter has 102 calories.)
- Recommend choosing foods that are high in fiber and water. Fiber is a type of carbohydrate that passes through your body without being digested so it makes you feel full.
- Recommend choosing foods that are high in vitamins, minerals, and protein.
- Recommend limiting foods that are high in calories, fat, and sugar, low in fiber and water, and low in vitamins, minerals, and protein.
- An easy way to reach vitamin and mineral needs and also increase fiber and reduce calories is to aim for at least five fruits and vegetable servings every day (serving size for raw or cooked veggies/fruit is approximately 1 cup or 4–6 oz by weight and 3 cups for green leafy vegetables)
- Aim for 1 serving of fruit/veggies with breakfast, 2 with lunch, and 3 with dinner and/or snacks. More is always better!

ASSIST:

Create meals using MyPlate

- Share this website: <https://www.myplate.gov/>
- If you can use a laptop or computer during the patient visit, you can demonstrate this interactive tool in the visit: <https://www.myplate.gov/myplate-plan>

Basic principles (see patient handouts):

- Half of your plate non-starchy veggies (such as broccoli, lettuce, and peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, brown rice, quinoa, oatmeal)
- Another quarter of your plate protein foods (such as tofu, eggs, chicken, lean meat, and fish)

You can also have:

- A small amount of dairy foods (such as 1 cup skim milk or 1 oz. cheese)
- A small amount of fruit (such as one apple, half a banana, or ½ cup berries)
- A drink that has low or no calories (such as water, sparkling water, or coffee without sugar)

AGREE:

Make a new action plan using SMART goals.

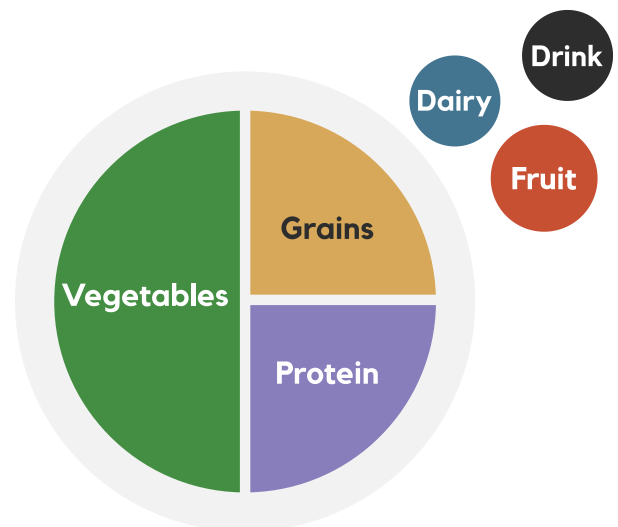
- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about eating well and planning your meals.

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 4: Tracking Your Food Intake



Session Focus:

Abundant evidence exists that shows that tracking, or self-monitoring, can help with weight management. This module provides detailed instruction on how to track food.

Goals:

- Identify the purpose of tracking their food
- Understand how to track their food
- Understand how to use Nutrition Facts labels

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:

Tracking your food each day can help you manage your weight. Today, we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

Use "Sally's Story" from this module's handouts to illustrate how people sometimes underestimate their calorie intake if they do not track their food and drinks.

Review the handouts "Everyday Objects and Serving Size" and "Hands and Serving Size" to help patients understand serving size.

Next introduce the food log or other methods for tracking calorie intake: MyFitnessPal or MyNetDiary are two options, introduce any others you know of and like.

Discuss with patient which method they think would be best for them.

Finally, Review the handout on food labels briefly. Pay special attention to the section on serving size as this is typically what causes errors in calorie and intake tracking. For many people, becoming aware of serving sizes can help reduce overall food intake. Even if this is all that someone feels able to do, it is a start in being more aware of food intake. Evidence shows that most people underestimate the amount they are eating.

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 5: Get Active to Manage Your Weight



Goals:

- Identify some benefits of getting active
- Identify some ways to get active

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 from 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 (BP, meds, etc.)

ADVISE:

Being more active can help with weight management. Today we will talk about benefits of being more active:

- Getting active can help you lose weight. The more active you are, the more calories you burn.
- Calories are a measure of energy and come from food and drinks.

Benefits of getting active include:

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Stronger muscles

ASSESS:

How much physical activity are you getting now? What would it take for you to become more active? What kind of physical activity do you enjoy? How do you plan to increase physical activity?

ADVISE:

Ways to get active include:

- Biking
- Climbing stairs
- Dancing
- Doing yard work
- Hiking
- Jogging
- Jumping rope
- Lifting weights
- Playing soccer
- Stretching
- Swimming
- Using resistance bands
- Walking briskly

AGREE:

Spend the next few minutes making a new action plan using SMART goals.

Ask patient if they want to make any changes to their action plan from the last session, keeping in mind trying to become more active.

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.

ASSIST:

At home, you can review the handouts that go with this visit.

Things to Try at Home:

- Teo's Story
- Ways to Get Active
- Are You Ready to Get Active? This is an assessment of readiness to participate in physical activity, you can use to assess a patient and decide whether further workup is needed prior to starting to exercise more
- Be Active, Be Safe
- How to Cope with Challenges
- Action Plan - focus on how you plan to increase activity, SMART goals likely reflect this intention.

RETURN in ___ weeks for follow up.

Discuss any referrals you may have made for other care.

SESSION 6: Tracking Your Physical Activity



Session Focus:

Tracking, or self-monitoring, can help people manage their weight. This module provides detailed instruction on how to track activity. Patients will likely have started doing this already, but can do additional discussion and talk about increasing PA this session

Goals:

- Identify the purpose of tracking their activity
- Describe how to track their activity

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 from 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:

Tracking your minutes of activity each day can help you manage your weight and will help you reach the goal of at least 175 minutes of moderate PA per week. Today, we will talk about:

- The purpose of tracking
- How to track your activity
- Finally, you will make a new action plan.

Timing and recording activity:



Ways to time your activity include:

- Watch
- Clock
- Timer
- Fitness tracker (e.g. FitBit)
- Smart phone apps
- Computer apps



Ways to record your activity include:

- Spiral notebook
- Spreadsheet
- Fitness tracker (e.g. FitBit)
- Smart phone apps
- Computer apps
- Voice recording

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 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.

ADVISE:

- Track activity of at least a moderate pace— activity that you can talk through, but not sing through. And make sure to include everyday activities, like sweeping the floor briskly and mowing the lawn.
- There may be some days when you write down zero minutes, and that's OK. The key thing is to track everyday if possible. It helps you identify patterns in your physical activity habits.

ASSIST:

Between now and the next session, please read "How to Track Your Activity" and "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Things to Try at Home:

- Fitness Log
- How to Track Your Activity
- How to Cope With Challenges
- Action Plan

RETURN in ___ weeks for follow up.

SESSION 7: Get Even More Active



Session Focus:

Getting more active can help with weight management. Participants have been increasing their activity so far - this module teaches participants how to increase their activity level even more.

Goals:

- Identify the purpose of getting more active
- Identify some ways to get more active
- Understand how to track more details about their fitness

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 from 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:

You've been doing a great job getting active. Today, we'll talk about how to get even more active. Getting more active can help you manage your weight. Today, we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

The purpose of getting more active is to help you to reach your fitness goal for this program, but more importantly, to improve your health.

As you know, your goal in this program is to get at least 175 minutes of activity each week. Your pace should be at least moderate. To find out if you're being active at a moderate pace, you can do the Talk Test (you can talk, but not sing, while exercising). But here's the thing: Over time, your heart and lungs get into better shape. So, in order to get the same effect on your breathing, you need to be a little more active each week. Some ways to do this are to increase your pace (for example, walk the same distance but more quickly or cover more distance in the same amount of time).

The other thing you can do is add strength training. Some easy ways to do that are to use resistance bands or simple household items for resistance training. There are some great online resources to help with strength training. Or if you can afford it, you can do yoga or Pilates classes or weight training at a gym.

Here are some examples of online resources, but there are plenty out there!

- <https://www.self.com/story/8-strength-exercises>
- <https://www.youtube.com/watch?v=HIF-UfC8Mb8>
- <https://www.youtube.com/watch?v=Qbv2edgrgvI>

What are some ways to measure your activity? And what are some ways to record your activity?

- <https://www.mynetdiary.com/>
- <https://www.myfitnesspal.com/>
- Wearable devices such as FitBits.

Ask how they plan to track and increase PA.

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 further increasing your physical activity and adding strength training.

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 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?

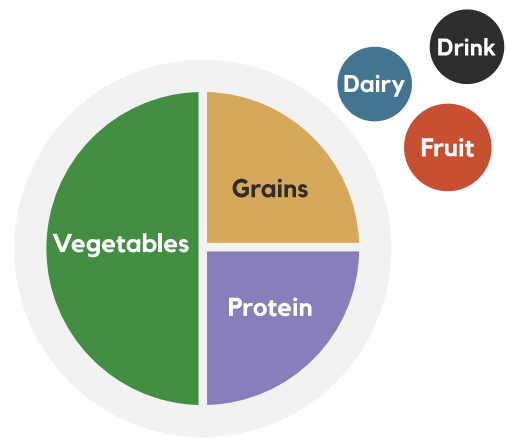
Choose items that are:

- 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.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

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

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

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)