



Session 14: Take Charge of Your Lifestyle

In GLB, will or have learned:

1. Many facts about healthy eating and being more physically active.
2. What makes it hard to change long-standing lifestyle behaviors.
3. Ways to take charge of what's around you (such as cues, thoughts, social situations and more).

We want to keep supporting you.

We want to make sure that your behavior changes work for you, not against you.

So, what lies ahead?

- Ongoing support.
- Learn and practice ways to reach (or maintain) your personal eating, activity, and weight goals, even when it is hard.
- Keep building healthy and positive lifestyle habits.
- Solve problems with fellow group members and other important people in your life.
- **Become *your own* Lifestyle Coach.**

Attendance matters.

- Many research studies, including the DPP, report that **continued contact makes it more likely that you will succeed.**
- Continued contact makes it more likely that you will keep your lifestyle behavior change goals on “the front burner”.

Physical activity matters.

- Maintaining a physically active lifestyle is **a key part of healthy living and aging**. Those who commit to staying active typically have better health, physical function, greater independence, and improved quality of life over their lifespan.
- Activity **helps with weight loss and weight maintenance**. Research studies suggest that those who monitor and maintain regular physical activity tend to eat a healthier diet. Many studies have also shown that remaining physically active (or better yet, increasing the total amount of physical activity minutes performed per week) can help with long-term weight-management. Activity and long-term weight-management go hand in hand.

Group sessions matter.

- They are a great place to talk about challenges and slips, find better ways to tackle problems, and make new plans.
- The group can support you in achieving and maintaining your weight and physical activity goals.

Why do group sessions matter? They:

- Provide structure and a checkpoint ("be accountable") for your weight, healthy eating and physical activity progress.
- Strengthen the self-management skills you have already learned.
- Offer **new strategies for long-term success**.

Whether or not you have reached your weight and activity goals, we will talk about ways to "get there from here".

The ultimate goal of GLB is to help you build skills that last a lifetime.



Long Term Weight Loss Maintenance: Who succeeds? How do they do it?

You may have heard that no one is successful at keeping weight off. Here are two examples showing that long-term weight loss is possible.

The **National Weight Control Registry (NWCR)** was started by obesity researchers Rena Wing, Ph.D. and James O. Hill, Ph.D. in 1994. The registry surveys people in the US who have succeeded at weight loss maintenance in an effort to learn more about their habits.

The **NWCR** has tracked over 10,000 adults who lost at least 30 pounds and kept it off for at least one year. Results show that the average participant:

- Maintained their weight loss for over five years
- Ate a diet that was low in calories and fat
- Ate the same way on weekdays and weekends
- Watched less than 10 hours of TV per week
- Exercised often, mostly walking

The **NWCR** also found that the majority of people surveyed weighed themselves at least once a week, and ate breakfast every day.

The **U.S. National Health and Nutrition Examination Survey (NHANES)** suggests more good news. This survey included over 14,000 adults, of all races and ethnicities.

NHANES reported that people who had ever been overweight or obese and had lost weight:

- Had an average weight loss maintenance of 5% from their highest lifetime weight
- One in three adults kept their weight off for at least one year



Weight Loss Plateaus

Weight loss plateaus are times when, after a period of weight loss, the scale will not budge for days or weeks, despite your best efforts. Weight loss plateaus are frustrating and may be caused by:

- The body's normal response to conserve weight after weight loss.
- The need for fewer calories to maintain a new, lower weight.
- Ups and downs in motivation and more frequent slips over time.

During a weight loss plateau, do not give up (or beat yourself up). Try one or more of the following:

1. Work on "calorie creep".

- It's common to underestimate calories by 300-500 per day. Track your calories carefully. Include "bites, licks, and tastes." Measure amounts.
- Lower your calorie goal but do not eat fewer than 1200 calories per day.
- Try a structured eating pattern, such as the GLB Healthy Menu Ideas.
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- Limit eating out for a while. Restaurant portions are large and it can be difficult to keep track of calories. Record everything, including "bites, licks, and tastes".
- Research shows that people often overestimate the amount of structured exercise they do.

2. Focus on sitting less/moving more throughout your day.

- Record daily activity.
- You may want to set your sights beyond 150 minutes of moderately intense aerobic activity (brisk walking) per week if you are able.
- Exercise is one of the best ways to boost your long-term weight loss maintenance.
- Research has also shown that there are many good reasons to do resistance (“strength”) training. As discussed in Session 13:
 - It is good for overall health and can help you maintain an independent lifestyle as you age.
 - Strength training counters the muscle loss that can happen as you lose weight and help with weight management.
- Focus on sitting less at home, work, and play. If you move very little in your daily routine, your weight loss will slow down.
- To sum it up—keep moving in whatever way you can as often as you can.

3. Manage stress and get adequate sleep.

- Practice belly-breathing, mindfulness, meditate, pray, or do yoga. Laugh often.
- Research shows that getting good quality sleep can reduce stress and may help with weight control.

4. Balance your thoughts. Think of signs of progress that don't involve the scale.

- Do your clothes fit better?
- Do you have more energy?
- Do you have better self-esteem or confidence?
- Has your glucose, blood pressure, and/or cholesterol improved?

5. Practice motivational strategies and positive imagery.

- Get a mental picture of yourself being more fit and weighing less.
- Visualize yourself preparing and eating healthy foods.
- Visualize yourself doing physical activities that you like to do.

Take charge of your long-term lifestyle self-management.

- Maintaining contact with GLB will improve your chances of meeting your weight loss and physical activity goals.
- The more often you reach these healthy lifestyle goals now, the more likely you are to continue meeting those goals when GLB ends.
- In other words, "Nothing breeds success like success."

What does "taking charge of your lifestyle" mean to you?

The bottom line: If you have had success, you are still a success. Remind yourself often of all the great things you have accomplished on your journey to better health.



Group Lifestyle Balance: Benefits of Resistance Training

Resistance training is important in any physical activity routine.

Here are some of the many benefits of resistance training:

- Helps prevent diabetes
- Prevents muscle loss with aging
- Help maintains strong bones
- Reduces risk of injury
- Prevents loss of muscle mass during times of weight loss
- Helps to maintain well-being and physical independence

Is resistance Training a part of your routine now? If so, how has it been going? If not, see Session 11.

- Have you been able to try the exercises on your own?
- Are you recording it?
- Are you having trouble with any of the exercises?
- Do you have any questions or concerns?

As you move forward in GLB, we strongly encourage you to make resistance training a key part of your activity plan. Aim to:

- Complete the exercises on at least 2 non-consecutive days per week.
- Keep track of your progress in the GLB Resistance Training Log or other method.
- Turn your log in to your coach at the next session.
- **Always keep it safe.**



To Do:

Check the boxes when you complete each item:

- ☐ **Keep track of your weight.** Weigh yourself once a week..
- ☐ **Record what you eat and drink** using your preferred method. Come as close as you can to your calorie and fat gram goals.
- ☐ **Record your physical activity** using your preferred method. Record what you do and keep track of your activity minutes.
 - Be physically active for at least 150 minutes per week. If you were active for less than 150 minutes, that's okay. Start at your current level and add 30 minutes more.
 - If you are doing more, great work and keep it up.
- ☐ Include **resistance training** at least 2 times per week.
- ☐ Keep moving throughout the day.

Answer for yourself:

- ☐ Why is it important for you to keep coming to the group meetings?

- ☐ Review "Weight Loss Plateaus" on pages 4-6. What are you willing to do?

When You Reach Your Goal Weight

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When You Reach Your Goal Weight

Congratulations.

Plan for weight maintenance:

Goal Weight: Decide on a 5-pound weight range you will stay within.

Calories: Find the calories you need to maintain your weight.

It is important to keep track of your eating and activity during your calorie adjustment experiment.

Calories	Fat Grams
1200	33
1500	42
1800	50
2000	55
2200	61
2500	69

Be active: Continue to exercise at a moderate intensity for at least 150 minutes per week. This is a key factor in weight maintenance.

Weigh in: Weigh yourself at least once per week.

Plan to stop weight regain:

If you reach the upper limit of your 5-pound target weight range, **take action right away.**

My plan to stop weight regain:

- ☐ Record eating and activity every day.
- ☐ Measure foods and beverages.
- ☐ Follow a lower calorie and fat gram goal.
- ☐ Be active for at least 150 minutes per week.
- ☐ Other: _____