

# Has Your Approach Changed?

## TYPICAL APPROACH TO WEIGHT LOSS

## HEALTHIER APPROACH TO WEIGHT LOSS

### Reason for change

Being fat is bad. Being thin is good.  
Believing you must weigh XXX pounds  
Hating your body  
Thinking your life will be fixed when you lose weight

Moving toward health, energy and fitness  
Understanding that every body is different  
Becoming your own best friend  
Treating yourself like the wonderful person you are

### Attitude

Seeking a quick fix (being impatient)  
Developing temporary behaviors  
Trying to be perfect  
Wanting all the weight off now  
Thinking you should be able to do it alone

Learning slowly (being patient)  
Developing new, life-long healthy habits  
Remaining flexible and open  
Know that you will make mistakes

### Behavior

Depriving and restricting yourself  
Seeing foods and eating behavior as good or bad  
Exercising just to lose weight  
Doing exercises you don't like and then giving up  
Exercising too much and being hard on your body

Being kind to yourself  
Asking for help in making healthy changes  
Eating foods that you enjoy and that nourish your body  
Practicing being aware of what and why you eat  
Eating when you are hungry and stopping when you first feel full  
Doing activities that you enjoy and that feel good

### Results

You may lose weight, but usually gain it back, and then some.  
You feel like a failure when you gain weight back.

Your small steps will lead to success.  
You'll start to believe you can achieve other personal goals.

## **Keep Practicing Skills:**

- Keep a food and activity Journal.

Remember to keep this non-judgmental, use this as a tool to problem solve

- Eat out less (preferably 1-2 times per week or less).
- Eat breakfast consistently; plan to eat at intervals you know meet your body's needs.
- Fruits & Veggies— at least 5 servings per day

Remember focusing on low calorie foods will help displace higher calorie foods

- Move your body at least 30 minutes a day, 5 days a week. (Have some fun!)
- Practice behaviors that help to manage hunger and achieve satiety

## **How are you progressing?**

### **Steps to successful weight management**

- Drink more water.
- Eat 1 serving or less of sweet or salty food each day. Aim for 10% of calories or less
- Learn healthy ways to respond to emotions
- Identify unhelpful thinking patterns and practice healthy challenges to these mental gremlins.
- < 10 hours per week of screen time.
- Develop skills to manage slips and set-backs
- Identify and establish support

## Plateaus

Weight plateaus are a common phenomenon and often a point of frustration. Be prepared for plateaus and have a plan.

At some point, you will equilibrate, meaning your caloric intake balances with your physical activity.

It is best to learn to maintain your weight for a period of time. After period of weight maintenance, you will probably either need to adjust your calorie intake again or change your exercise routine to continue with weight loss.

Steps you may want to include in a plateau plan:

- Return to food records
- Change your activity, make sure it is enjoyable!
- Focus on more vegetables
- Evaluate stress level and ask for extra support, implement stress reducing activity.
- Schedule a follow-up appointment.

## My Skills Maintenance Plan

- 1) My successes:
  - a.
  - b.
  - c.
  - d.
  
- 2) Good habits to keep up (eating and activity):
  - a.
  - b.
  - c.
  - d.
  - e.
  
- 3) High-risk situations/areas to be aware of:
  - a.
  - b.
  - c.
  - d.
  - e.
  
- 4) Signs of slipping off track/returning to old behaviors:
  - a.
  - b.
  - c.
  - d.
  - e.
  
- 5) Strategies for getting back on track:
  - a.
  - b.
  - c.
  - d.
  - e.
  
- 6) Where do I need to focus right now?
  - a.
  - b.
  - c.
  - d.
  - e.

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes