

A Lifestyle Change Program for Weight Loss, Diabetes Prevention and Diabetes Management:

Facilitator Manual

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Session 1: Why it Matters to you to Lose Weight

Objective: *Figuring out the patient's reasons for wanting to lose weight. Introduce implementation intentions (when-then plans) and the program's daily weighing goal.*

Homework: *Clarify their values and start daily weighing.*

Values

Figuring out the reasons why you want to lose weight is an important step in weight loss because **it is these values that will keep you in check and on the right track. When we decide to eat healthy or to exercise more, we always have two choices. One choice that is to act in line with our values of losing weight, and one that is not.** Today, we will clarify why it matters to you to lose weight so that these reasons can help you make healthier choices. To help figure out why losing weight matters to you, I want you to answer the following two questions: **1) Why do you want to lose weight? 2) Why is weight loss so important to you?** *Briefly brainstorm and discuss this with the patient to get a sense of what their values are. Emphasize values related to health (e.g., lowering blood pressure, risk of heart disease, risk of diabetes, etc.), especially the health concerns that led to seek out this program. Emphasize that they should connect these health values with family, being there for children/grandchildren, etc. as it will carry them through the program.*

Successful weight loss is about making healthy choices throughout your day. Sometimes it is very hard to make these healthy choices, especially if an unhealthy alternative looks or feels so much better (e.g. deciding whether to eat a salad with grilled chicken breast, or a burger and fries). **Whenever you are faced with making a hard decision, picture yourself at a crossroad.** One branch of the crossroad is a healthy decision that will bring you closer to your weight loss values and goals; the other branch is an unhealthy decision that will bring you further away. When you are at the crossroad, choose the road that will bring you closer to what matters to you.

Introduce program's daily weighing goal

Weighing oneself daily has been shown to be the most effective part of any weight loss program because it keeps you on track. Your first goal of the program will be to **weigh yourself every day and to record your daily weight in the journal provided on page X.** *Some patients may be apprehensive to daily weighing, this is normal. Explain and emphasize the importance of this goal as it is **one of the highest predictors of weight loss and weight loss maintenance.** Because the scale does not lie, patients are held accountable for their weight loss. This accountability will help them stay in check and on the right track. **Patients must weigh themselves at approximately the same time every day for accurate recordings.** Quickly discuss what time of day (e.g. morning; after waking up, evening; after work) the patients will weigh themselves.*

Introducing when-then plans

To help you begin building new healthy habits, let's review a technique called "when-then plans." "When-then plans" **are the single most important tool that you will be using in this**

program to eat less, exercise more, and lose weight. These action plans will help you to make the right decision at the crossroad. That is, **WHEN** you are at a crossroad, **THEN** you will take the healthy road. E.g., “When someone offers me cake, then I will politely decline.”

Homework

- 1) **Make a when-then plan for weighing yourself daily by filling in the gaps:** “**WHEN** it is (fill in time of day and before or after when you’ll do it), **THEN** I will weigh myself.” E.g. “**WHEN** it is morning and I am brushing my teeth in the bathroom, **THEN** I will weigh myself. Write this when-then plan into your journal on page x and record your weight there daily.
- 2) Write down why it matters to you to lose weight on *page X*. **Check back to these values throughout the program as they will help keep you on track when you lose motivation.**

Session 2: Using What Matters Most to Make Decisions

Objective: *Introduce BOLD.*

Homework: *Use BOLD at crossroads.*

Review

Last session we spent some time clarifying why it is important for you to lose weight. Sometimes when we are stressed, tired, or are experiencing other difficult thoughts, emotions, or challenging situations, we stray away from what matters most to us. When this happens, we tend to make decisions that are not in line with our goals of losing weight. It is therefore, very important to always remember what matters to you most (e.g. your core values) when experiencing hardships because it is these values that will help you stay focused and motivated to keep moving forward.

Introduce the BOLD technique

Today, we are going to review a technique that will help you make the right decisions at crossroads. This technique is called BOLD. Remember, that whenever you are at a crossroad (e.g. deciding to go to the gym or not after a long day of work, or having a second helping of food or not) **you always have two roads that you can take. One road that is in line with your goals of losing weight and one road that is not.** BOLD will help you take the healthy road.

BOLD stands for:

- ♣**B** - Breath—Take a couple of breathes, slow down!
- ♣**O** - Observe--- Observe what you are doing, thinking, feeling.
- ♣**L** - Listen to values—What are your core values? Why do you want to lose weight?!
- ♣**D** -Decide - Now make a choice that is line with these values. Choose actions that reflect your values!

Homework

This week, when you find yourself at a crossroad, be BOLD! First, stop and take a couple of Breaths, then Observe how you are feeling—are you tired, stressed, bored perhaps? Then Listen to your values (listed on *page X of handouts*) and make a choice that reflects these values. Initially, it may be hard to use BOLD at crossroads, but it gets easier, I promise! The more you practice BOLD, the easier it will become.

To help you be BOLD, I would like you to use the following when-then plan:

“**WHEN** I am at a crossroad, **THEN** I will use BOLD.”

When using BOLD, review the checklist (*on page X of handouts*) to verify that you are using all four steps: Breathe, Observe, Listen, Decide. This technique will help you take the healthy road.

Things to remember

- Think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.

Session 3: Learning to Eat Healthy

Objective: *Review the key components of healthy eating. Introduce patient to their daily calorie goal and explain the importance of tracking for weight loss.*

Homework: *Start tracking online. Aim to only eat _____ calories per day.*

One of the best ways to lose weight is to eat healthy. **Eating healthy involves eating less sugar, and overall fewer calories.** When we overeat, even the right types of foods, we take in more calories than what our body can “burn.” **It is these extra calories that result in weight gain.** By being aware of your daily calorie intake, you will eat less and lose weight.

The first step to eating less sugar and fewer calories is to **record everything that you eat and drink each day.** *Briefly mention the tracking website that the patient will use in the program. Assure them that this website is user-friendly and that they will be given a detailed user manual in their session handouts. Online tracking is one of the most effective ways of changing your eating habits.* We will therefore be asking you to track throughout the program. *If the patient does not have a computer, or is uncomfortable with using a computer, assure them that tracking can also be done by hand. An example is provided in their handout.*

When you start tracking it is important to:

- 1) **Be honest.** Record what you **actually eat and drink.** Do not be selective with your recordings. It will only hurt you and your weight loss.
- 2) **Be accurate.** Since it is easy to forget, always write down what you eat and drink as soon as possible. Always read food labels and measure as best as possible!
- 3) **Be complete.** Include everything. The butter on your toast, the cream in your coffee, and the mayonnaise on your sandwich.

It may seem hard to track everything that you eat and drink at first. However, it is definitely worth the effort! **Being aware of what you eat and drink is the first step to losing weight as you might discover many things that you could easily cut out or replace with lower calorie options!**

Now quickly introduce the program's daily calorie goals. These goals are based on their initial weight. See table below.

<u>Weight</u>	<u>Daily Calorie Goal</u>
120-174	1,200
175-219	1,500
220-249	1,800
>250	2,000

To help you start losing weight, I want you to reduce your daily calorie intake to (*insert total calories here*) per day by cutting out unnecessary sugars and fats and by reducing your portions sizes. *Provide the patient with their daily calorie goal based on their current weight.* Don't be discouraged if you cannot reach your goal at first. This is normal. **Aim to get closer and closer to your goal every day by reviewing your food journal and seeing what high sugar / calorie foods you can eliminate or replace and by reducing your portion sizes.** Remember, eating healthy takes time and effort. It doesn't happen overnight!

Homework

This week, I want you to start tracking everything that you eat and drink. Aim to only eat _____ calories per day. Use the following when-then plan to help you get started!

WHEN I eat or drink something, **THEN** I will record it.

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.

Session 4: Mindful Eating

Objective: *Explain mindful eating and do an exercise to practice it.*

Homework: *Practice mindful eating at home.*

There are many times in the day when we are not aware of what we are eating or how much we are eating because we are too distracted, too busy, too tired, or too preoccupied with other things like work, family, or even our emotions (stress, irritation, anxiety, etc.). This is what we call *mindless eating*. The opposite of mindless eating is what we call *mindful eating*. Mindful eating is about being totally focused on your eating experience. When we eat mindfully, we direct our attention to each sensation that occurs while eating, such as chewing, tasting, savouring, and

swallowing. Mindful eating will help you become more aware of your body's natural fullness cues (i.e. when you have consumed enough food and should stop eating), which will help you eat less and lose weight. Let's do an exercise to practice mindful eating.

Mindful eating exercise (low carb chocolate)

This exercise is an exaggeration of mindful eating. By being fully aware of what you are eating, and how it feels to eat, you will make better eating decisions, know exactly when to stop eating, and will be more satisfied with your meal in general. You will also be less likely to eat high sugar and high fat foods because they will start to taste less appealing and/or appetizing. They will start tasting TOO sweet, or TOO greasy. *Eating mindfully is about enjoying the **entire eating experience**. Draw parallels to high-end restaurants, where their emphasis is not on large meals, but rather on meals that are full of flavor, color, and texture (i.e. quality vs. quantity).*

The purpose of this activity is to exaggerate the act of tasting and eating by having you **slow down** and **focus on all of the sensations** associated with eating this piece of chocolate. *Give the patient 1 piece of low-carb chocolate.* The goal is to mindfully eat this piece of chocolate.

Before putting the chocolate in your mouth, take some time to examine it. Make a mental note of what it smells like, looks like, and feels like. When you are ready, put the chocolate into your mouth. Do not chew it right away. Instead, notice how it feels on your tongue. How does the chocolate taste? What is its texture? When you are ready, start chewing. Focus on the act of chewing. What does it feel like to chew the chocolate? Does its texture and taste change as you continue to chew it? When you are ready, swallow the piece of chocolate. Notice how this feels. Finally, when you have finished swallowing, be mindful of no longer feeling the sensation of chocolate in your mouth. *You can participate in this exercise with the patient if you wish.*

Do you have any questions? *Make sure that you re-emphasize that this is an **exaggeration of mindful eating**. Patients are not expected to take 60 seconds in their everyday life to eat one mouthful of food.*

Homework

This week, I want you to practice mindful eating. I want you to eat one meal or snack mindfully per day. Just like today's exercise, I want you to slow down and to eat with all of your senses. Do not eat when you are distracted (e.g. watching television, working on the computer, etc.). Pay close attention to the smell, taste, and texture of your food. To help you slow your eating down, I want you to use an exercise called: **Stop-Bite-Breath**: That is, before eating a meal or snack, take a moment to **Stop**: Examine your food; what does it look like? What does it smell like? Then, take a **Bite**: Pay close attention to the food's taste and texture. Finally, after swallowing your mouthful of food, take one deep **Breath** and savor the experience. Continue this sequence of stopping-biting-and breathing until you have completed your entire snack or meal. **By slowing down and being fully aware of what you are eating, you will have time to make better eating decisions and thus will be more satisfied with your meal/snack.** *Note again that the patient does not need to spend 60 seconds savoring each bite. The purpose of Stop-Bite- and Breath is to get the patient to slow down and to become consciously aware of what they are doing and eating.* When we eat mindfully, we tend to eat less high fat, high sugar foods because we have time to weigh the pros and cons of what we are eating. Every time that you eat

something, especially foods that are high in sugar or fat, ask yourself whether or not it is worth it; does the pleasure you are getting out of this “bad” food warrant its high fat/sugar content? Most of the time it does not. **When one takes the time to become fully aware of what one is eating, especially when eating high fat/high sugar foods, one tends to enjoy them less, or even dislike them.**

To help you start eating mindfully at home, use the following if then plan:

WHEN I want to eat a high fat/high sugar food like (*insert name of food*), **THEN** I will practice eating it mindfully.

Describe your experience of mindful eating in the *handouts on page X*. How does mindful eating differ from mindless eating? Did the taste and pleasure of your food warrant its high fat/high sugar content?

Things to remember

- Always think back to your weight loss values and goals when you’re at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.

Session 5: Mindful Awareness of Portion Size

Objective: *Learning the importance of being aware of portion sizes*

Homework: *Moderate your daily portion sizes using the three tips reviewed in session.*

Everything that we eat and drink contains calories; some more than others. When we overeat, even the right types of foods, we take in more calories than our body can “burn.” It is these extra calories that result in weight gain. **To lose weight and to keep it off in the long run, it is important that you become mindfully aware of your portion sizes**, that is, how much you are eating at each meal or snack. Today, we’re going to review 3 tips that will help you eat less by decreasing your portion sizes, while still leaving you feeling satisfied throughout the day.

1) The Power of a Smaller Plate

Studies have shown that eating from a smaller plate tricks our brain into believing that we are consuming more food than what we actually are. When we eat from a large dinner plate, we tend to eat more because our portions always appear much smaller. **To help you lose weight, use a small plate (like a dessert plate).** This reduction in plate size will help you eat less while still feeling satisfied. *Ask the patient if they can imagine themselves using a dessert plate in their home rather than a regular plate. Explain that if a family member makes a comment regarding this change in plate size, they will only comment 1 or 2 times. After that, it will no longer be an issue.*

This same principal can also be applied to drinking beverages in case you have to drink beverages that contain calories (water is best!). When drinking a beverage other

than water, always choose a tall, slender glass instead of a large wide one. This will help you drink less, while still feeling satisfied!

2) **Moderate your carbohydrates**

Although many of us love to eat foods that are rich in carbohydrates, like bread, pasta and sweets, these types of foods are **extremely high in calories** and can prevent weight loss when overeaten. They also spark insulin levels, which contributes to weight gain. It is therefore **very important to minimize your daily carb intake when losing weight**.

Here's some simple ways to do this:

- Trade your breakfast carbs (e.g. cereal or bread) for high protein alternatives like low-fat, low sugar yogurt or a boiled egg. These lean proteins will fill you up and will help keep you going until lunch!
- When plating your meal, double up on your vegetables! **Half of your plate should contain vegetables.** The other half of your plate should be equally divided between lean proteins (e.g. turkey, chicken, fish) and carbohydrates (e.g. brown rice, pasta, potatoes, yams, etc.).
- **When eating pasta, rice or potatoes, limit these carbs to ½ cups.**
- Avoid sugary drinks whenever possible. Drink water instead! Preferably with lemon.

3) **Make it a habit to eat small salad or broth-based soup before your meal**

Eat a dark green leafy salad (e.g. romaine, spinach) before your main course; this will help fill you up! Studies have shown that people who eat a low-calorie appetizer before their main course eat smaller portions at their main meal and are more satisfied in general. *Emphasize that patients should choose their salad dressing wisely and use it sparingly (i.e. only one teaspoon).* Adding the wrong toppings to a salad (e.g. any cream-based dressing, like ranch, blue cheese, Caesar, thousand island, etc.) can double, or even triple the calorie count!

Homework

This week, I want you to become mindfully aware of your portion sizes, and start eating smaller portions. **Eating smaller portions is crucial for weight loss.** To help you do this, use the following when-then plans:

WHEN I am eating a meal, **THEN** I will use a dessert plate.

WHEN, I am eating a meal, **THEN** I will serve myself a small portion of carbohydrates.

WHEN I have lunch/dinner, **THEN** I will have a broth-based soup or salad before my meal.

Also, make sure you put the other two tips into action!(i.e. minimizing your carb intake and making it a habit to eat salad or low-calorie soup before your meal). You can review all three tips in the checklist in your session handout. Which technique did you find most helpful and why?

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Apply your when-then plan to use a dessert plate for meals.
- Eat less carbs and more vegetables instead.
- Make it a habit to eat a small salad or low-calorie, broth-based soup before your meal.

Session 6: Mindful awareness of meal frequency

Objective: *Discuss the importance of meal frequency.*

Homework: *Practice eating 3 small meals and 2 snacks per day.*

Last session, we discussed the importance of increasing your awareness of portion sizes as a way to lose weight. *Quickly ask participants how their week went eating wise. Did they use their new when-then plan? Were they able to decrease their portion sizes using the 3 techniques you reviewed last session? Which technique worked best for them?* This week, we are going to turn our attention to the importance of increasing your awareness of meal frequency. **A regular pattern of meals and snacks throughout the day is important for weight loss because it prevents insulin spikes that are related to weight gain** (i.e. it is best to eat something every few hours). This will help keep your hunger in check in between meals and it will prevent insulin spikes that lead to weight gain. **Rather than eating 3 large meals per day, aim to eat 3 small meals and 2 snacks instead.** *Ask participants to describe their current eating patterns. How many meals/snacks do they eat per day? Motivate them to eat 3 small meals and 2 snacks. Emphasize that these meals and snacks need to be small, if not, they won't lose weight.*

Homework

This week I want you to be mindfully aware of your daily meal frequency. **Aim to eat 3 small meals (breakfast, lunch, dinner) per day with a snack in between each meal. Remember that these 5 meals/snacks need to be small!** If they are not, you will gain weight. To help you reduce your portion sizes, **eat only half of what you would normally eat at any given meal or snack.** Use the following when-then plan whenever eating:

WHEN I am eating, **THEN** I will cut my portion sizes of carbs and fats in half.

Whenever you eat a meal or snack, make a note of it on your session handout. How does changing your meal frequency affect your hunger? Do you find that you are less physically hungry when you spread your meals throughout the day?

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.

- Apply your new when-then plan when eating to help cut your portion sizes of carbs (even resistant starches) and fats in half.

Session 7: Four Keys to Healthy Eating Out

Objective: *Review the four tips to eat healthy when dining out.*

Homework: *Ask patients to practice eating healthy when dining out. Use four when-then plans.*

Today we are going to review some strategies to help you make healthy choices when eating out. *Before continuing, ask the patient if there are times when they eat out. If yes, ask the patient if it is easier or harder to choose healthy options when eating out? Do they find that they tend to eat more high fat/high sugar foods when dining out? Why do they think this is?*

Over the years, restaurants have started to serve larger and larger meals that are higher in sugar and fat. While this increase in sugar and fat results in great tasting meals, it also **leads to many hidden calories and it is these calories that lead to weight gain.** It is surprisingly easy to reduce your sugar, fat, and overall calorie intake when eating out. Let's review some helpful tips to do just that!

1. **Plan ahead.** Pick the restaurant carefully and look up the menu beforehand. Most restaurants now serve low-carb/low-fat/low-calorie food options, such as grilled chicken, fish, and salads with low-fat dressing. Review the menu and choose what you will eat before even going to the restaurant. Make sure that these food choices are within your daily calorie budget. **Never open the menu at the restaurant. Always stick to your original plan!**
2. **Take charge of what's around you.** Be the first to order in your group. This will help you avoid being tempted by what, or how much, others order. Remember, always stick to your original eating plan!
3. **Choose foods carefully.** When dining out, **avoid eating pasta dishes and bread.** Pasta dishes tend to have too much carbs and cream (fat). Opt for lean meats and seafood instead, like chicken, turkey, or fish. Stick to baked, broiled, grilled, or steamed dishes. **Choose your side dishes carefully!** Stay away from French fries. Try ordering a side of salad (with an oil based dressing) or steamed vegetables instead. **Be wary of your condiments!** Ask for all sauces or salad dressings to be served on the side. This will help you cut down on calories and better moderate how much sauce you put on your meal.
4. **Cut your meal in half.** Because restaurant portions tend to be far too large and contain many more calories than home-made meals, one of the easiest and most effective ways to limit your calorie intake is to **only eat half of your meal** and bring the rest home. Be sure to **ask the wait staff to remove your plate once you have eaten half of your meal.** This way, you will be less tempted to eat more than you need to.

After reviewing these four strategies, quickly ask the patient which strategy they think would work best for them.

Homework

This week, I want you to eat healthy while dining out. Use the following when-then plans to help you get started:

WHEN I am going to eat out, **THEN** I will plan ahead and select a low-calorie meal before going to the restaurant or fast-food joint.

WHEN I am eating in a group, **THEN** I will be the first to order.

WHEN I am eating at a restaurant, **THEN** I will choose low-calorie side dishes and ask for my condiments to be served on the side.

WHEN I am eating at a restaurant, **THEN** I will take half of my meal home for the next day.

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Use your new when-then plans when eating. They will help you eat less and stay within your daily calorie budget!

Session 8: Breaking Bad Food Habits

Objective: *Identifying the patient's problem food cues.*

Homework: *Practice responding to these problem food cues in a healthier way.*

Today we're going to talk about taking charge of your environment so that it supports your goals of losing weight and eating less. Every decision comes with two choices: one that is healthy and one that is not. Sometimes in life there are specific situations or cues that drive us to choose the wrong road. It is this unhealthy road that brings us further away from our weight loss values and goals. *Briefly ask the patient if there are specific instances or situations in the day that lead them to overeat, or eat when they are not physically hungry (i.e. times in the day that lead them to choose the unhealthy road). If they are having difficulties identifying these situations, you can help by suggesting certain examples like: seeing or smelling certain foods, being offered food, watching TV or reading a book, having certain thoughts or feelings (boredom, loneliness, sadness, happiness).*

Certain emotions or situations can make us want to eat even though we are not physically hungry. This can lead to weight gain and can make it harder to lose weight because you are consuming more calories than what your body needs. **It is therefore very important to identify these problem “food cues” (emotions, thoughts, situations) in your environment so that you can change and respond to them in a way that supports your goal of losing weight.**

When you respond to a problem food cue in a certain way, over and over again (e.g. “eating ice cream every time that you are feeling stressed from work), you create a **bad habit**. To break this bad habit, you need to identify your problem food cue (i.e. work stress) and respond to it in a healthier way that does not involve food (i.e. calling a friend instead of eating ice cream).

Remember, **building new habits take time**. It is therefore very important that you do this new behavior over and over again; If not, it will not stick!

Let’s now discuss two strategies to help you do this.

- 1) One of the best ways to change problematic food cues and break bad habits is to **stay away from the problem food cues**. For example, instead of being tempted by your favorite bakery every morning on your way to work, try taking another route; one that does not lead you past the bakery.
- 2) Practice **responding to your problem food cue in a healthier way**. For example, instead of turning to your favorite comfort food after having a bad day, try one of the following: go for a walk, drink a nice tisane, read a book/magazine, listen to your favorite music, take a relaxing bath etc. Find an alternative that works best for you and do it over and over again to help build a new, healthy habit.

Remember, **it takes time to break an old habit and build a new one**. Change doesn’t happen overnight! Try these new behaviors for at least 3 weeks. After that, they are likely to stick!

Homework

This week, I want you to practice responding to your problem food cues (thoughts, emotions, situations) in a healthy way. This will help you lose weight because you will be less likely to overeat or eat when you are not physically hungry.

To help you get started, let’s create a when-then plan together. *You will need to help the patient build their when-then plan by 1) **identifying their problem food cue** (a specific thought, emotion, or situation) and 2) **determining their new, healthy response**. For example: IF I am feeling stressed, THEN I will take some deep breaths, or IF there are tempting sweets in the house, THEN I will remove them from my view.*

WHEN (insert specific emotion, thought, or situation), **THEN** (insert their healthy response to this specific emotion, thought, or situation.) *Make sure they pick a response that can become a habit.*

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Use your new when-then plan to help respond to problem food cues in healthier ways.

Session 9: Increasing Physical Activity for Weight Loss

Objective: *Introduce the program's activity goal.*

Homework: *Perform 60 minutes of planned activity per week and increase daily pedometer steps to 7,000. (may be modified based on patient's current activity level)*

Up until now, the program has focused on healthy eating and eating less as strategies to lose weight. Now we will turn our attention to another key part of the program: **achieving and maintaining a healthy lifestyle by being physically active.**

Introduce the program's activity goals

Our program has two activity goals (1) Increase your step count to 10,000 steps per day (2) Perform 150 minutes (2 ½ hours) of moderate activity per week (i.e. mix of resistance and aerobic workouts). **Remind the patients that these goals are gradual.** *They are something to work up to. Patients are not expected to reach these goals right away. It will take time.*

Most of our lives are spent inactive; we drive everywhere instead of walking; we use elevators or escalators instead of taking the stairs; we shop online instead of going to the store, etc. All of these inactive behaviors contribute to a slowing metabolism, lead to weight gain and make it harder to lose weight.

The goal of our program is to **help you find ways to add movement to your daily life**, which will help you lose weight and live a healthier lifestyle. There are two ways that you can do this:

- 1) Perform **planned activities**. These are moderately intense and structured activities such as: brisk walking, jogging, weight lifting, swimming, cycling, tennis, general gardening, water aerobics, etc.
 - When you are performing a planned activity, it is important that you perform that activity **for at least 20 minutes at a time.**
 - The **intensity of your activity is also very important for weight loss.** Do the "talk test" to make sure that you are performing at the right intensity. You should be able to talk, but not sing during the planned activity.

At the end of the program, your goal will be to reach and maintain 150 minutes (2 ½ hours) or more of moderately intense, planned activity per week.

- 2) Perform **spontaneous activities**. These are the types of active choices that we make throughout the day that are too brief to count, or keep track of, but are aligned with our values and contribute immensely to our overall daily activity level. For example, parking further away from the store, or always taking the stairs instead of elevators and escalators.
- **Every day you have the choice of being active or inactive.** You can either take the healthy road, or the unhealthy road. Make choices that are in line with your weight loss values; **turn every inactive second into an active one!** *Briefly ask patients to brainstorm ways in which they can increase their daily spontaneous activity. Examples include: getting off the bus or train one stop earlier to walk, walking to a nearby store instead of driving, doing yard work instead of hiring someone, walking down the hallway to speak to a coworker instead of writing an email or calling, etc.*

Homework

This week, I want you to perform **60 minutes or more of planned activity**. Record this activity in your session handouts. Be sure to divide this activity over a period of days and perform each activity for at least 10 minutes at a time. Use the “talk test” to verify your intensity; remember that **you need to perform your activity at a moderate intensity to lose weight!**

I also want you to begin recording your daily pedometer steps. **Your goal is to reach 7,000 steps per day.** Record your daily steps in your session handouts.

To help you start increasing your daily steps, let's create a when-then plan together. *You will need to help the patient build their when-then plan by (1) **identifying a regular situation or instance in their day where they can increase their daily step count** (i.e. do they ride the bus, metro, or train to work? Are there stairs in their building? Do they run errands with their car? Etc.) and (2) **determining a new, healthy response to this situation or instance.** For example: WHEN I am going shopping, THEN I will park my car further away from the entrance, WHEN I have the choice between taking the stairs or the elevator, THEN I will take the stairs, or WHEN I am taking the bus home from work, THEN I will get off two stops early and walk.*

WHEN (insert a regular instance or situation), THEN (insert their healthy response to this regular instance or situation.) *Be sure that they choose a response that can become a habit!*

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
 - Weigh yourself every day. Record your daily weight in your journal.
 - Record what you eat and drink every day. Aim to meet your daily calorie goal.
 - Perform **60 minutes or more of planned activity** this week. Record it in your activity journal.
 - Aim to walk **7,000 steps or more per day.** Record your daily steps in your activity journal.
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Session 10: Breaking Bad Activity Habits

Objective: *Discuss the importance of integrating physical activity into daily life*

Homework: *Ask the patient to begin integrating more activity into their existing routine as a way to increase their daily step count.*

Regular physical activity is very important for weight loss and its maintenance. There are many times in the day when we can be active but we choose not to because we are either too tired, too preoccupied, or we just don't think about it. To help you increase your physical activity and to meet the program's daily step goal (10,000 steps per day) it is **important to begin integrating physical activity into your existing routine**. This will help you save time and will make reaching your daily step goal easier!

Let's review some effective ways to increase your daily steps:

- Get off the bus, metro or train one stop earlier
- Walk to the store instead of driving
- Walk up the stairs instead of taking the elevator or escalator
- Do your own yard/garden work
- At work, cut back on emails and telephone calls; deliver the message in person
- Park your car as far away from the store as possible
- Don't use drive-through windows; walk inside the restaurant and order instead
- Take a short walk at lunch or on your break at work. Walk around your building, or up the street
- Don't stay seated for more than 30 minutes. Get up and move!
- Use some of your TV time to exercise with a brief workout from YouTube

Homework

This week, I want you to **start integrating more activity into your everyday routine**. Record this activity in your session handouts. Write down what you did (e.g. *I got off the bus two stops earlier, I took the stairs instead of the elevator, I walked in place while watching TV* etc.). How does integrating physical activity into your existing routine make you feel? Is it easier or harder to reach your weekly physical activity goals?

As always, I want you to keep track of your daily weight, eating and activity. Try your best to reach your daily activity and eating goals. These goals are designed to help you lose weight and live a healthier lifestyle. **The faster you reach these goals, the faster your progress will be.** *Ask participants how their goals are going and if they are finding it hard to reach their daily targets. Praise all efforts and remind the patients that reaching these goals takes time. It will not be easy, but it is definitely worth the effort. Numerous studies have shown that tracking your weight, activity and eating every day is one of the most effective ways to lose weight and keep it off in the long run.*

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Perform **90 minutes or more of planned activity this week**. Record it in your activity journal.
- Aim to walk **7,000 steps or more per day**. Record your daily steps in your activity journal.

Session 11: How to Talk Back to Negative Thoughts

Objective: *Discuss negative thoughts and the importance of talking back to these thoughts.*

Homework: *Practice talking back to negative thoughts and replacing them with positive ones.*

Everyone experiences negative thoughts when trying to lose weight. It's completely normal. But sometimes these negative thoughts can get in the way of your progress because they can **lead you to overeat or be inactive**. After falling victim to these thoughts, you may feel even more discouraged, which can **create a viscous cycle of self-defeat**. For example, suppose you came home from a hard and stressful day at work, and you think to yourself, "I'm tired of working so hard. I'm sick of trying to lose weight. I can never eat what I want." This negative thought may lead you to cave in and start eating your favorite comfort food like crackers and cheese. Immediately after eating these crackers you think, "Great, I did it again; I'll never lose weight." After saying this to yourself, you may feel even more discouraged, which may result in you wanting to eat even more crackers and cheese.

It is important to remember, that most of the time, **we are not even aware that we are having negative thoughts**. Negative thinking can become such a habit, that we tend to believe and act on our negative thoughts without even hearing them! The goal of today's session is to help you hear your negative thoughts and teach you to talk back to them.

Let's review how to talk back to negative thoughts!

- 1) First, **catch yourself having a negative thought**. Ask yourself, "Is this thought moving me forward, or bringing me down?" If it's bringing you down, you need to change it.
- 2) Once you are aware of your negative thought, **stop it in its tracks!** Picture a huge red stop sign and imagine yourself screaming, "STOP!"
- 3) Now **talk back to this negative thought by replacing it with a positive one**. *Emphasize that no matter how well the patient stops a negative thought; it will most likely come back in a similar situation because **negative thinking is a habit**. It is therefore very important that they begin building a new habit of positive thinking. The best way to do this is through repetition. Every time that the patient experiences a negative thought, they need*

to immediately stop it and replace it with a positive thought. The more that they do this, the easier it will become.

Before assigning the homework, briefly brainstorm with patient the types of negative thoughts that they experience (e.g. “I look so fat,” “I’m never going to lose the weight”. “I did it again, I broke my diet,” “I’m so useless, I have no will power”, “I’m so out of shape” etc.). Now briefly brainstorm the different types of positive thoughts that can replace these negative thoughts (e.g. “Everyone has a bad day. It’s OK, I’m back on track now,” “Everyone slips. It’s a part of losing weight.” “My stamina is improving every day. I walked an extra five minutes this morning!, etc.)

Homework

This week, I want you to start replacing your negative thoughts with positive ones. Remember, **the more often you do this, the easier it will become.** Use the following when-then plan to help:

WHEN I have a negative thought, **THEN** I will visualize a red stop sign and replace the negative thought with a positive one.

Record your negative and positive thoughts in the session handout. How did replacing your negative thoughts with positive ones make you feel?

Things to remember

- Always think back to your weight loss values and goals when you’re at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Perform **120 minutes or more of planned activity this week.** Record it in your activity journal.
- Aim to walk **8,000 steps or more per day.** Record your daily steps in your activity journal.

Session 12: Weight Loss and Its Slip Ups

Objective: *Discuss slip ups and how to effectively manage these slips.*

Homework: *Use the tips reviewed in session to effectively manage a slip up.*

Today, we are going to talk about “slip ups”, times when you do not follow your plans for healthy eating or being active.

Slip ups are **to be expected. They happen to everyone.** If you haven’t yet had a slip up, you most certainly will. Does this sound discouraging? Don’t let it be! ☺ **Slip ups don’t hurt your progress. What hurts it is the way that you react and respond to these slip ups.**

Quickly identify what causes the patient to slip from healthy eating or being inactive (e.g. parties, emotions, TV, people eating, the sight or smell of food, etc.)

How to effectively manage a slip up

After you have had a slip up:

- 1) **Immediately talk back to any negative thoughts and replace them with positive ones.** (e.g. “I’m not a failure for eating this piece of cheesecake. It was just a slip up and now I’m back on track!”).
- 2) **Learn from your slip up.**
 - Ask yourself, “What happened? Why did I slip?” Was it because of emotions, social pressure, family or work obligations, stress, boredom, etc.?
 - Use this as an opportunity to **learn from your slip up**. Make a plan of action to better manage or avoid this situation if it happens again.
- 3) **Regain control the very next time you can.** Do not say “Well I blew it for today, I’ll start eating healthy and being active tomorrow.” Once you have a slip up, make sure that your next meal is a healthy one and that you immediately get back to your activity regime.”
- 4) **Talk to someone supportive.** Call a friend or family member. Talk it out. Commit yourself to starting over.
- 5) Finally, **focus on all of the positive changes you have made up until now.** The same person who “blew it” today is the same person who has done so well up to this point. Remember, slip ups are inevitable when losing weight; they happen to everyone!

Homework

This week, I want you to start responding and reacting to your slip ups in a healthier way. Use the tips reviewed in session to help you (*see session handout*). Record any slip up this week in your session handout along with your positive response to this slip up. How did this positive response to your slip up affect your mood? Were you less discouraged?

Use the following when-then plan to help you effectively manage your next slip up:

WHEN I have a slip up, **THEN** I will react to the slip up in a healthy way.

Things to remember

- Always think back to your weight loss values and goals when you’re at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Perform **150 minutes or more of planned activity this week**. Record it in your activity journal.
- Aim to walk **8,000 steps or more per day**. Record your daily steps in your activity journal.

Session 13: Making Social Cues Work for You

Objective: *Discuss problem social cues and how they can prevent us from making healthy choices.*

Homework: *Practice responding to social cues in a healthier way.*

Today we are going to talk about problem social cues, or what people say or do that can prevent you from eating healthy and being active. There are many problem social cues in our environment. Let's review some of the most powerful ones:

- **The sight of other people eating unhealthy foods or being inactive** (e.g., you go to a party and see other people eating chips, or cake).
- **Being offered (or pressured) to eat unhealthy foods** (e.g., your spouse buys you chocolate for your birthday)
- **Being nagged about your weight loss, activity or eating** (e.g., "You shouldn't be eating that piece of pie. It's full of empty calories.")
- **Hearing complaints** (e.g., your child or spouse says, "I hate not having any ice-cream or sweets in the house. It's not fair.")

When you respond to a problem social cue in the same way, over and over again, you build a habit. Let's say, for example, that ever since childhood, you have welcomed your mother's offerings for a second helping of food at mealtime. Because you have done this for so long, it has become a habit. Now, when you return home as an adult, you find it hard to say "no" to this offer.

It is important to understand that with social cues, **the other person has also learned a habit.** So in the example I just reviewed, your mother has learnt to offer you seconds after every meal and expects that you will automatically say "yes." When you don't, her feelings get hurt. **This is why it is so hard to change social cues.**

Let's now discuss two effective ways to help change these problem social cues.

- 1) Like with problem food cues, one of the best things that you can do **is to stay away from the problem social cue if you can.** For example:
 - Move to a different room if a family member eats problem (unhealthy) foods in front of you.
 - Skip certain parties that are just too tempting.
 - Socialize with people by going dancing, shopping, bowling, or to an outdoor festival, etc. **Don't go out to eat as a way to socialize.**
- 2) **Change the cue if you can.** This means trying to influence the other person's habit if you can. For example, when someone nags, complains, eats problem foods in front of you, or pressures you to eat:

- **Discuss the problem. Brainstorm options.** For example, “It’s hard for me to watch you eat chips and not eat them with you. Is it possible for you to eat the chips when I’m not around?”
- **Tell people about your efforts to lose weight, and why this is important to you.** Most people are willing to help if they understand why you are trying to eat less and be more active.

Homework

This week, **I want you to identify a problem social cue in your daily life** (e.g. sight of people eating food, being offered or pressured to eat unhealthy foods, a nagging spouse, etc.) **and use one of the two techniques reviewed, to respond to this problem social cue in a healthy way.** Record your experience in the handouts. How did these techniques help you respond to this problem social cue in a healthier way?

Things to remember

- Always think back to your weight loss values and goals when you’re at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Perform **150 minutes or more of planned activity this week.** Record it in your activity journal.
- Aim to walk **9,000 steps or more per day.** Record your daily steps in your activity journal.

Session 14: Establishing Habits

Objective: *Reviewing the program’s three main goals. Did the patient reach these goals?*

Homework: *Identifying and selecting which strategies, techniques and when-then plans helped the most in eating less, the right foods and being more active.*

Over the course of this program, you were asked to achieve three main goals to help you lose weight and live a healthier lifestyle. Let’s quickly review these goals in detail. *Review each goal with the patient. Which of the three goals have they achieved, and which are still work in progress? Praise all efforts and emphasize the importance of realizing all three of these goals for effective weight loss.*

- 1) **Weighing yourself every day** and recording this weight in your handouts. *Did they reach their weight loss goal?*
- 2) **Recording what you eat and drink every day** to help reach your daily calorie goal of _____ calories per day. *Make sure the patient understands that **it is essential that they meet their calorie targets every day. If they continuously exceed these targets they will not lose weight, or will not be able to maintain their weight loss in the long run.** Have they also managed to reduce their daily sugar and fat intake?*

- 3) Increasing your **weekly activity to 150 minutes or more**, increasing **your daily pedometer steps to 10,000 steps or more**. *Emphasize the importance of this activity goal because **physical activity is one of the highest predictors of weight maintenance**. If they want to lose the weight and keep it off in the long run, they need to develop strength training and aerobic fitness habits.*

Over the past 13 sessions, we spent a lot of time reviewing different techniques and strategies to help you lose weight by eating less and moving more. It is important that you continue to practice these strategies as we move forward so that one day they become **habits**. Eating healthy and being more active extends beyond this program. **There is no quick fix, or easy solution to weight loss**. Because losing weight takes time and effort, it is important that you consistently focus on applying these new strategies over the long term so that they become habits.

Homework

To help you do this, I want you to review your previous homework sheets and choose which strategies, techniques, and when-then plans helped you the most in eating less and being more active. Use the checklist in your session handout to select these specific strategies and when-then plans.

We will review these techniques next session so that you can continue to use them in the future.

Things to remember

- Always think back to your weight loss values and goals when you're at a crossroad.
- Weigh yourself every day. Record your daily weight in your journal.
- Record what you eat and drink every day. Aim to meet your daily calorie goal.
- Perform **150 minutes or more of planned activity this week**. Record it in your activity journal.
- Aim to walk **10,000 steps or more per day**. Record your daily steps in your activity journal.

Session 15: Commitment to Values

Objective: *Discuss setbacks, loss of motivation, and ways to stay committed to weight loss by eating healthier and being more active.*

Homework: *Make a summary card with patient in-session.*

*Before starting, review the patient's homework sheet from last session. Which strategies and when-then plans did they select as being the most helpful? Briefly discuss why they chose these particular techniques. **Be sure to emphasize that although some techniques may seem more effective than others, all of the techniques reviewed in the program work together.** You cannot have one technique without the other. To lose weight and keep it off in the long run, you need to*

choose the right types of foods, in the right amount, while also being active every day and having this mix of things become a habit.

Setbacks and loss of motivation are normal. They happen to everyone and are an inevitable part of weight loss. In a way, weight loss is like hiking a mountain. For a while, it feels like the hike is never going to end and there is no way that you will make it to the top. But once you get out of the trees, you can see a clear path to the summit and know that you are going in the right direction. **Success is not only about the final outcome** (in this case, making it to the top of the mountain). You can also achieve success along the way. It's like the old saying, "it's not about the destination, it's about the journey." Weight loss won't always be easy, or smooth, but that doesn't mean that one cannot achieve their eventual goal if they set their mind to it. Making new habits take time, but once these new habits are formed they take little to no effort at all!

Losing weight is about progress and not perfection. Immediate results do not exist. True weight loss takes time and effort. In order to stay motivated and on the right track, it is important to identify and celebrate every bit of progress that you have made thus far. *Brainstorm and identify this progress with the patient. What changes are they most proud of? Even the smallest of changes (e.g. drinking water instead of juice at dinner time) should be praised.* When you catch yourself being critical or judgmental towards yourself, always remember that changing old habits and losing weight is a process. It doesn't happen overnight. Dwelling on negative thoughts only hinders this process (e.g. "I cheated", "I'm a pig", "I'm such a failure"). Instead, focus on the positives (e.g. "I walked to work today", "I ordered a side of salad instead of fries", "I didn't eat that cupcake that my colleague offered me at lunch"). Remember, no one is ever perfect, so every bit of progress is a step in the right direction! All of these little steps are helping you make new healthy habits and after a while, when these new habits are built, they won't take any effort at all!

Setbacks

*Briefly discuss any setbacks that the patient has had, or think that they think might have, in regards to their weight. Depending on their answers, remind the patients of the various strategies learnt in session (daily weighing, daily food tracking, BOLD, Stop-Bite-Breath, using a small dessert plate, etc.) to help manage their weight loss. **Overall, it is important to emphasize that setbacks are normal and are an inevitable part of losing weight. The key to success is how one reacts to these inevitable setbacks or slips.** Patients must understand that it is important to react proactively when setbacks occur in order to prevent more slip ups from happening in the future. When the patient experiences a slip up, they should use the skills that they learnt in the program to help them get back on track. Remind the patient that all of these skills will become habits if they perform them over and over again. Over time, these skills will become second nature. It is important that they find their own set of skills that work, so that they can create effective habits that will help them to continue to lose weight and eat less in the future.*

Ways to stay committed

When you feel your motivation slipping, it always helps to remember the goals and values that initially led you to want to lose weight and then to use the skills and techniques that you learnt in this program to stay true to these values. Think back to our first session on values. *Briefly review the patient's values. Why again did they want to lose weight? Why is losing weight so important to them?*

Homework (done in-session)

This week, as we finish off, I want you to re-write your specific weight loss values and goals on a summary card (*See Session Handout. Get the patient to write down their key goals and values on this summary card*). **Refer back to this card when you are feeling a lack of motivation, or have experienced a setback. This summary card will help you stay on track by reminding you why you want to lose weight, and why losing weight and being healthy is so important to you.** Throughout the program, you have learnt skills to help you stick to your values of eating healthy and being more active. In order to stay true to these values, you can use the techniques that you chose as being most helpful in your quest to lose weight. **Keep this card where you can see it**, so that it acts as a constant reminder of your values to live a healthier lifestyle. When a setback occurs, refer back to this summary card and use it as a source of motivation to keep heading towards your weight loss goals.