Introduction to the Look AHEAD Lifestyle Program

What Look AHEAD will offer you

In the Look AHEAD Lifestyle Program you will learn how to reach **a healthy balance** between two parts of your lifestyle:

what you eat

and how physically active you are.

You will have two lifestyle goals.

1. One goal is to lose about 10% of your weight or more.

Your goal is to lose about _____ pounds.

This would reduce your weight to _____ pounds.

To lose weight, you will need to eat food with fewer calories and food with less fat.

You will learn how to:

X Keep track of the calories and fat you eat every day.

(We will give you a calorie and fat counter.)

X Stay under the calorie and fat goal we give you which will help you lose weight

To help you stay under your calorie and fat goals, we will use the approach below

For the **first four months**, starting with Session 3, you will be asked to:

- X Replace two meals and one or two snacks with a shake or bar provided by the study.
- X Follow a simple meal plan for dinner.

After four months, you will be asked to:

- X Continue to replace one or two meals and snacks per day.
 We will provide one shake per day.
 More than 1 meal replacement per day, you need to purchase.
- X Follow a simple meal plan for the other meals and snacks.

You will have a chance to taste the different shakes and snack bars and choose the ones you like most.

We know from other studies that

this approach will help you lose weight. In addition:

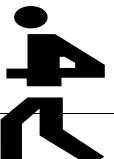
X It will help you manage your blood sugar.



- X It will make it easy to shop for food and prepare meals.
- X You will spend less money on food.

 (During the first 4 months, we will give you the shakes and snack bars at no cost. Thereafter, we will provide only one replacement per day. If you wish to use more than 1 meal replacement per day, you will need to purchase those replacements.)
- X It will be easy to keep track of the calories and fat you eat.
- X You will have very few decisions to make about food.
- X There will be less food to tempt you.

2. The second lifestyle goal is to slowly build up to 175 minutes per week of moderate physical activity, like brisk walking, by Week 26.



The Look AHEAD study suggests that you spread this amount of physical activity over at least 5 days per week.

For example:

Weeks 1-4: Walk 50 minutes per week (**10 minutes** on 5 days per week).

Weeks 5-8: Walk 75 minutes per week (**15 minutes** on 5 days per week).

Weeks 9-12: Walk 100 minutes per week (**20 minutes** on 5 days per week).

Weeks 13-16: Walk 125 minutes per week (**25 minutes** on 5 days per week).

Weeks 17-20: Walk 150 minutes per week (30 minutes on 5 days per week).

Weeks 21-26: Walk 175 minutes per week (**35 minutes** on 5 days per week).

To help you reach this goal, you will be expected to:

- X Walk or exercise as shown above on at least 5 days per week.
- X Keep track of the activity you do every day.
- X Wear a pedometer to measure the steps you take.

The Look AHEAD lifestyle goals are **safe** and **can be reached.**

We will help you reach the goals by making **gradual**, **healthy**, and **reasonable changes** in your eating and activity.

Look AHEAD strongly believes that reaching the lifestyle goals:

1. Will improve your diabetes management.

Research has shown that losing weight and being active can:

- X Improve blood sugar levels.
- X Help the body use insulin.

Better diabetes management may also help with other health problems.



2. May prevent heart disease.

Research has shown that weight loss and physical activity can:

- X Lower blood pressure.
- X Lower blood levels of LDL ("bad" cholesterol or fat in the blood).
- X Raise blood levels of HDL ("good" cholesterol or fat in the blood).

These changes may reduce the chance of getting heart disease.

3. Will help you feel better and be healthy.

Research has shown that losing weight and being active can:

- X Relieve tension, helping you to relax and sleep.
- X Give you more energy and make it easier to get around.
- X Reduce your risks of certain cancers.

4. Will set a good example for your family and friends.

Changing behavior takes work. You can do it! And we are here to help.

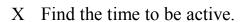
The Look AHEAD Lifestyle Program has been carefully designed. It is based on many research studies of the best ways to help people change.

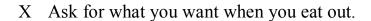
In this program we will help you

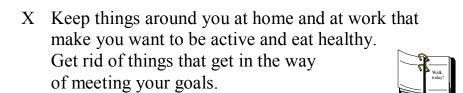


- X Learn the facts about healthy eating and being active.
- X Learn what makes it hard for you to eat healthy and be active. Learn how to change these things so they work *for* you, not against you.

For example, you'll learn how to:









X Stop negative thoughts and replace them with positive ones.



X Get back on your feet again when you slip from your plans for healthy eating and being active.



X Handle stress, social events, and other people that make it hard for you to change.



We will also give you the long-term support you need.

Sessions

During the first six months, we will meet **once a week** for **19 group sessions** and **5 individual sessions** (shaded below). Here are the **session topics**:

Session	Topic
1	Welcome to the Look AHEAD Lifestyle Program
2	Getting Started: Tip the Calorie Balance
3	Ways to Eat Fewer Calories
4	Move Those Muscles
5	How Are You Doing? (Individual Session)
6	Working With What's Around You
7	Problem Solving
8	Being Active: A Way of Life
9	How Are You Doing? (Individual Session)
10	Healthy Eating
11	More About Healthy Eating
12	Four Keys to Healthy Eating Out

Session	Topic
13	How Are You Doing? (Individual Session)
14	Talk Back to Negative Thoughts
15	The Slippery Slope of Lifestyle Change
16	Emotions and You
17	How Are You Doing? (Individual Session)
18	Handling Holidays, Vacations, Special Events
19	Jump Start Your Activity Plan: Muscle Training
20	Make Social Cues Work for You
21	How Are You Doing? (Individual Session)
22	You Can Manage Stress
23	Ways to Stay Motivated
24	Becoming A Weight Loss Expert

After Session 24:

- X During months 7-12, you will have one individual and two group sessions per month.
- X During years 2-4, you will have one individual session per month.

We will work together as a TEAM.

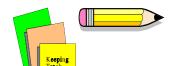
As your Counselor, I will count on you to:

X	Come to sessions and bring your Look AHEAD notebook	k.
	Call 24 hours ahead if you must miss a session.	
	**	



You can call me at ______. (phone number of Counselor)

- X Do your best to reach your eating and activity goals.That includes doing home activities to practice what you learn.
- X Keep track of your eating and activity 7 days a week. Be accurate and complete. That will let the program work best for your personal needs.
- X Keep track of your weight at home.



- X Let me know if you have any problems.
- X Stay willing and open to change.

You can count on me to:

- Go over your records of what you eat and your activity. Notice what you are doing well and what you can do to help you reach your goals.
- X Answer your questions.
- X Stand by you during hard times.



X Believe you can reach your goals. Support and help you.

We agree to work together in the ways described above.

Signed:			

For My Family and Friends

I have joined the Look AHEAD Lifestyle Program.

In the program, I will have **two goals.**

1. The first goal is to lose about 10% of my weight or more.

My goal will be to lose about _____ pounds.

This would reduce my weight to _____ pounds.

To lose weight, I will be asked to:

- X Eat food with fewer calories and food with less fat.
- X Keep track of the calories and fat I eat every day using a Calorie Counter.
- X Stay under the calorie and fat goals given to me.
- 2. The second goal is to slowly build up to 175 minutes per week of moderate physical activity, like brisk walking, by Week 26. The Look AHEAD study suggests that I spread this amount of physical activity over at least 5 days per week.

For example:

Weeks 1-4: Walk 50 minutes per week (10 minutes on 5 days per week).

Weeks 5-8: Walk 75 minutes per week (15 minutes on 5 days per week).

Weeks 9-12: Walk 100 minutes per week (20 minutes on 5 days per week).

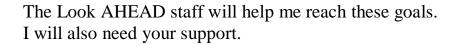
Weeks 13-16: Walk 125 minutes per week (25 minutes on 5 days per week).

Weeks 17-20: Walk 150 minutes per week (30 minutes on 5 days per week).

Weeks 21-26: Walk 175 minutes per week (35 minutes on 5 days per week).

To become more active, I will be asked to:

- X Walk or exercise as shown above on at least 5 days per week.
- X Keep track of the activity I do every day.
- X Wear a pedometer to measure the steps I take.



Thank you.



Think about the questions below. In the blanks, write some notes about your thoughts. We will talk about them together.

Remember your purpose



ΧV	Why did you join Look AHEAD?
_	
ΧV	What do you hope to achieve by taking part in Look AHEAD?
_	
ΧI	How will your healthy eating help you? How will it help others?
_	
Χŀ	How will your losing weight help you? How will it help others?
_	
	How will your being physically active help you? How will it help others?
_	

What have you learned in the past? Where do you stand now?

Weight and eating

X	What has been your highest adult weight ? When? How did you feel about it? What has been your lowest adult weight ? When? How did you feel about it?
X	How do you feel about your weight now (pounds)?
X	Have you tried to lose weight before ? When? How? What went well? What problems did you have?
X	Have you gone through cycles of losing weight and then gaining it back again? How many times? When? How did you feel about that?
X	Are you aware of anything that caused you to regain weight in the past?

lose weight now?		
lose weight now	?	
Vhat I like about it	t V	What I don't like about it
pares the food in	n your ho	me?
1	fewer calories and what I like about in	pares the food in your hor

Physical activity X How would you define "exercise"? Please give some examples. X How would you define "physical activity"? Please give some examples. X When were you the most physically active as an adult? (What kinds of activity did you do? Did you exercise with anyone? How often/long did you exercise?) How did you feel about being that active? X When were you the least active as an adult? (What kinds of activity did you do? Did you exercise with anyone? How often/long did you exercise?) How did you feel about being that active? X Are you aware of anything that caused you to become more active in the past?

X	How active are you now? What kind of activities do you do? Do you do these activities with anyone? How often do you do these activities? How long do you do these activities?
X	How do you feel about how active you are now?
X	Have you tried to be more active before? When? How? What went well? What problems did you have?
X	How important is it to you to be more active now?
X	How sure are you that you can be more active now?

X What do you like or dislike about being active or being inactive?



Being active

Being inactive

	What I like about it	What I don't like about it
•		

How Ready Are You?

Read each statement below. Show how strongly you agree or disagree with the statement by circling a number from 1 to 10. For example, if you circle 1, it means you strongly disagree with the statement. If you circle 10, it means you strongly agree with the statement.

1.	I am read body wei	•	_				od I eat	so I can	reduce my
1	2	3	4	5	6	7	8	9	10
	ongly agree								Strongly Agree
2.	I am rea c weight an				•	suggeste	d for cor	ntrolling	g my body
1	2	3	4	5	6	7	8	9	10
	ongly agree								Strongly Agree
3.	I am read manage n	•		ore activ	e so that	I can lo	se weigh	and b	etter
1	2	3	4	5	6	7	8	9	10
	ongly agree								Strongly Agree
4.	I am read and doing	•		•		•	_ ,		glucose
1	2	3	4	5	6	7	8	9	10
	ongly agree								Strongly Agree

Note:
The following pages are for the Counselor to complete and keep with the participant's records for future reference.

(T	o be completed by Counselor.) Participant ID
R	emember your purpose Date
X	Why did you join Look AHEAD?
X	What do you hope to achieve by taking part in Look AHEAD?
X	How will your healthy eating help you? How will it help others?
X	How will your losing weight help you? How will it help others?
X	How will your being physically active help you? How will it help others?

(To	be completed by Counselor.) Participant ID
	hat have you learned in the past? here do you stand now?
W	eight and eating
	What has been your highest adult weight ? When? How did you feel about it? What has been your lowest adult weight ? When? How did you feel about it?
X I	How do you feel about your weight now (pounds)?
	Have you tried to lose weight before ? When? How? What went well? What problems did you have?
	Have you gone through cycles of losing weight and then gaining it back again? How many times? When? How did you feel about that?
X	Are you aware of anything that caused you to regain weight in the past?
_	

(To be completed by Counsel	lor.) Participant ID	
		te
X Are you aware of anything	that caused weight loss	for you in the past?
X How important is it to you	u to lose weight now?	
X How sure are you that you	can lose weight now?	
X What do you like or dislik you like or dislike about ea		
	What I like about it	What I don't like about it
The way I eat now		
Eating fewer calories and eating foods lower in fat		
X Who shops for the food and	d prepares the food in you	ur home?

(To	be completed by Counselor.) Participant ID
Ph	nysical activity
X	How would you define " exercise "? Please give some examples.
\mathbf{X}	How would you define " physical activity "? Please give some examples.
	When were you the most physically active as an adult ? (What kinds of activity did you do? Did you exercise with anyone? How often/long did you exercise?) How did you feel about being that active?
	When were you the least active as an adult ? (What kinds of activity did you do? Did you exercise with anyone? How often/long did you exercise?) How did you feel about being that active?
X	Are you aware of anything that caused you to become more active in the past

(T	o be completed by Counselor.) Participant ID
	Date
X	Are you aware of anything that caused you to become less active in the past?
X	How active are you now? What kind of activities do you do? Do you do these activities with anyone? How often do you do these activities? How long do you do these activities?
X	How do you feel about how active you are now?
X	Have you tried to be more active before? When? How? What went well? What problems did you have?
X	How important is it to you to be more active now?
X	How sure are you that you can be more active now?
•	

X What do you like or dislike about being active or being inactive?

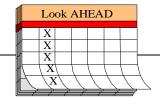
	What I like about it	What I don't like about it
Being active		
Being inactive		

(To	be comple	eted by C	Counselo	r.) Partic	ipant ID				
			Ц	ow Do	odv A	Date ro V ou	_		
				JW IC	auy A	re You	l i		
state you	d each statement by constrongly decembed with the	circling a lisagree v	number with the	from 1	to 10. F	or examp	ple, if yo	u circle	1, it means
1.		-	hange the and bett				ood I ea	t so I ca	nn reduce
1	2	3	4	5	6	7	8	9	10
	ongly agree								Strongly Agree
2.	I am reac weight an				•	suggeste	d for con	ıtrolling	g my body
1	2	3	4	5	6	7	8	9	10
	ngly agree								Strongly Agree
3.	I am reac manage r	•		ore activ	e so that	I can lo	se weigh	and b	etter
1	2	3	4	5	6	7	8	9	10
	ngly agree								Strongly Agree
4.		•			-	-	ecking n by my d	•	d glucose
1	2	3	4	5	6	7	8	9	10
	ngly agree								Strongly Agree

Session 1:

Welcome to the Look AHEAD Lifestyle Program

Welcome to the Look AHEAD Lifestyle Program.



uring the first six months:

You will come to the clinic every week.

- X Once per month, you will meet **alone** with your Counselor.
- X In the other weeks, you will have **group sessions.**
- X These individual and group sessions are a critical part of your behavior change program. It is important that you **attend** *all* **of them**.

During the second six months:

You will come to the clinic **two or three times per month**.

- X Once per month, you will meet **alone** with your Counselor.
- X You will have **one or two group sessions per month**. We encourage you to come to both group sessions, but you will be required to come to *at least one*.

Meeting as a group can be a **source of support and learning** for all of us.

Here are some guidelines for working together as a group:

- X Do not repeat to other people outside of the group anything personal that is talked about in the group.
- X Please be on time to the group meetings.
- X Call if you can't come.
- X Complete the things you are supposed to do at home.
- X Bring your Look AHEAD Lifestyle notebook.
- X Take part in sharing your ideas with other group members.
- X Let one person speak at a time.
- X Let everyone have a chance to share. Be careful how much time you spend talking.
- X Be willing to listen to other people's concerns. Share things that have worked for you.
- X Respect other people's ideas.
- X Stress the good things. Avoid putting others down.

The Look AHEAD Lifestyle Goals

Let's review the lifestyle goals for Look AHEAD.

1. One goal is to lose about 10% of your weight or more.

r goal is to lose about pounds. would reduce your weight to pounds.
--

Remember, losing weight will help improve your diabetes. It may prevent heart disease and will help you feel better and be healthy.

To help you reach the weight loss goal, you will be asked to **stay under a calorie goal.** Find your starting weight below. Your calorie goal will be in the same row.



Your Starting Weight	Calorie Goal
250 pounds or less	1200-1500
More than 250 pounds	1500-1800

Your goal is to eat no more than _____ calories per day. Next week we will also give you a goal for fat grams. For four months (starting with Session 3), we will give you meal replacements to help you stay under your calorie and fat gram goals.

2. The second lifestyle goal is to slowly build up to 175 minutes per week of moderate physical activity, like brisk walking, by Week 26.

We recommend you **spread this over at least 5 days per week.** You will **begin with 10 minutes of walking on 5 days per week**. By Week 26, you will have moved up to walking 35 minutes on 5 days per week.

The **activity goal** will help you improve your diabetes and help you reach and maintain your weight loss goal.







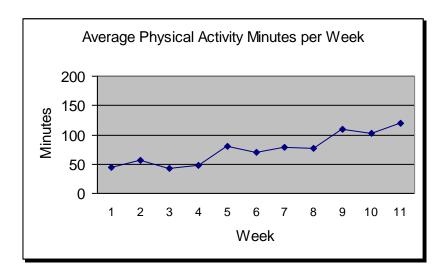
Important

The calorie and activity goals are based on what we think will work for most people. But *not all people are the same*. To see if your goals are working for you, we will watch the scale.

If you do not lose about 1 to 2 pounds per week and keep it off, you may need a *lower* calorie goal and *more* activity.

So your goals for calories and activity may change during the study.

We will use **graphs of your weight and activity** to see your progress over time. Here is an example:



Bring your graphs with you every week and keep them up to date.

Keeping Track

The most important part of the Look AHEAD Lifestyle Program is what we call "keeping track."

You will record:

- X Everything you eat and drink every day
- X The calories in all the things you eat and drink (You will *skip this for now*. We'll cover it next week.)
- X Your physical activity every day
- X Your weight at least once a week (on the same day each week)

Research has shown that **keeping track is** *key* **to losing weight and being more active.**

The Look AHEAD **Keeping Track book** has room for **7 days**. Here are some tips for using the book:

To keep track of what you eat and drink:

- X Use one line for each food and drink.
- X Spelling is NOT important.
 - What IS important is to:
 - X Be accurate.
 - X Be complete (include everything).

To keep track of your activity:

- X Write what you do and minutes at the bottom of each full page.
- X Don't include any activity that lasts for less than 10 minutes.
- X Don't include rest time in your total number of minutes.

To keep track of your weight:

- X Weigh yourself at the same time of day. We think you should weigh yourself at least once per week on the same day each week. More often is fine if you'd like.
- X Use the same scale.
- X Record your weight on the back of the Keeping Track book.



Here's an example of an inside page of a Keeping Track book:

Day of week	Tuesday	Date	May 9, 2000
•	·		·
Calorie Goal		Other Go	al

Time	Food:	Calories	Other
	Amount and Name/Description		
7:00 am	2 slices white bread	(Skip for now)	(Skip for now)
	2 teaspoons margarine		
	2 fried eggs		
	3/4 cup orange juice		
12:30 pm	1 McDonald's Cheeseburger		
	1 large McDonald's French fries		
	12 ounces Diet Coke		
6:30 pm	Beef stew: ½ cup cooked carrots		
	3 ounces cooked stew meat, untrimmed		
	½ cup cooked potatoes		
	4 biscuits, plain		
	12 ounces Diet Coke		
9:30 pm	2 cups ice cream		

	Daily Totals:	
--	---------------	--

Kind of Physical Activity	Minutes
Walked to the grocery store.	15

Total: <u>15</u>

On the back cover of the Keeping Track book, write your goals and record your weight and activity every day. Total the activity minutes for the week.

Skip the calories and column marked "Other" for now.

Here is an example:



Average Calories Per Day	Other	Total Minutes of Activity Per Week
Skip	Skip	50



	Calories	Other	Minutes of Activity
Day 1	Skip	Skip	10
Day 2	Skip	Skip	0
Day 3	Skip	Skip	10
Day 4	Skip	Skip	10
Day 5	Skip	Skip	10
Day 6	Skip	Skip	10
Day 7	Skip	Skip	0
		Total	50

202

Weight*

* Note: Record your weight at least once per week.

Keeping

Track

Name <u>Jane Doe</u> Starting Date <u>May 9, 2000</u>



Keeping Track (Practice Page)

Time	Food: Amount and Name/Description	Calories	Other
		1	
			•

Daily Totals: _____

Kind of Physical Activity	Minutes

Total: _____



To do next week:

Keep Track

- Keep track of:
 - Your weight at least once per week
 - X Everything you eat and drink every day (skip calories and the column marked "other" for now).
 - X The minutes you are active every day
- It's best to **carry your Keeping Track book with you** so you can record your food and activity right away.

Where will you keep your K	eeping Track book?
When will you complete it?	

X For every day, circle the foods you think are high in calories.

Be Active

X Walk (or do something like walking) for at least 50 minutes during the week.

We suggest you spread this over 5 days for 10 minutes each day. This will be your activity goal for the next four weeks.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total minu	ites for the week:	50

Bring your completed Keeping Track, graphs, and notebook to every session.



Session 2:

Getting Started Tipping the Calorie Balance

The best way to lose weight is to "tip the calorie balance."

Your weight is a result of the balance between two things:

- 1. The **calories** (energy) you take in by eating **food**.
- 2. The **calories** (energy) you use up by **being active**.





To lose weight, it's best to eat less *and* be more active. That way, you change both sides of the balance at once.



Your goals are set to help you tip the calorie balance enough to reach your weight loss goal.

Here are some facts:

1 pound of body fat stores about 3,500 calories.
Slow, steady weight loss (1-2 pounds per week) is the best way to lose body fat.

To lose:	Tip the balance by this number of calories:	
1 pound per week	3,500 per week (or 500 each day for 7 days)	
1½ pounds per week	5,250 per week (or 750 each day for 7 days)	
2 pounds per week	7,000 per week (or 1,000 each day for 7 days)	

Note: Keep in mind that when you eat less or are more active, your blood sugar levels are likely to drop. This may happen before you lose even one pound. (You were taught how to adjust for this by Look AHEAD staff. We will discuss it again next week.)

Here's an example:

Let's say you want to lose **1 pound per week**. You will need to **tip the calorie balance by 500 calories** *each day*.

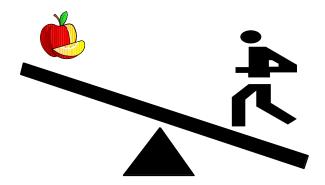
Here are some ways you could do it:

Subtract food	Add activity*
Eat 500 fewer calories each day. Like 1 peanut butter cookie and 1 (4-inch round) bagel	0 calories
0 calories	Burn 500 more calories each day. Walk 5 miles or 1 hour and 40 minutes of brisk walking.
Eat 200 fewer calories each day. Like 1 peanut butter cookie	Burn 300 more calories each day. Walk 3 miles or 60 minutes of brisk walking.
Eat 300 fewer calories each day. Like 1 (4-inch round) bagel	Burn 200 more calories each day. Walk 2 miles or 40 minutes of brisk walking.

^{*} Rule of thumb:

1 mile of *brisk* walking (about 20 minutes) = About 100 calories

Again, it's best to change both sides of the balance at once-eat less *and* be more active.



Eating fewer calories from any type of food can cause weight loss.

A calorie is a calorie.

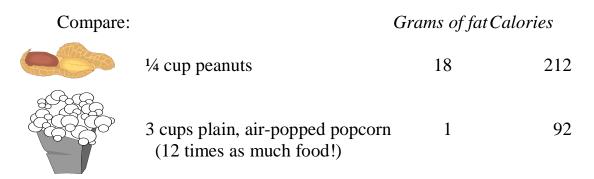
However, in Look AHEAD you will be asked to **eat fewer calories from fatty foods in particular.** Here's why:

X **Fat contains more than twice the calories** as there are in the same amount of sugar, starch, or protein, and somewhat more than in alcohol.

	Fat	Starches/sugars	Protein	Alcohol	
Calories/gram*	9	4	4	7	

^{*} A gram is a unit of weight. A paper clip weighs about 1 gram. A gram is also the way fat in food is measured.

So eating less fat is a quick way to cut calories.



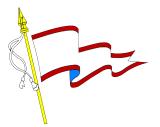
X Fat also plays a part in heart disease. Research has shown that eating a lot of saturated fat can increase the amount of "bad" (LDL) cholesterol in your blood. (Saturated fat is the fat that is typically found in animal fats and some plant oils.) Cholesterol is one type of fat in your blood; the higher it is, the greater your chance of having a heart attack.

Many experts recommend that **no more than 30% of your total calories come from fat.** The Look AHEAD fat gram goals are based on that recommendation.

Find your starting weight below.

Your calorie and fat goals are in the same row.

Circle your calorie and fat goals.



Your Starting Weight	Calorie Goal	Fat Gram Goal
<250 pounds	1200-1500	40-50
More than 250 pounds	1500-1800	50-60

Keep in mind that **for four months, beginning next week, we will give you meal replacements** (shakes and snack bars) to help you reach your calorie and fat gram goals.

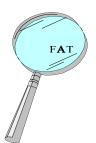
What kinds of foods are high in fat?

Examples:

- X Most red meats
- X Most hot dogs, luncheon meats, bacon, and sausage
- X The skin of chicken
- X Regular cheese and whole milk
- X Many snacks (e.g., potato chips)
- X Many baked goods (e.g., cookies, cake, muffins, biscuits)
- X Refried beans made with fat
- X Oil
- X Butter
- X Margarine
- X Gravy
- X Mayonnaise
- X Fried foods (e.g., fried chicken, French fries, doughnuts, fried tortillas)

Most of the fat we eat (70% of it) is hidden in foods.

Let's uncover it! Here's a lunch menu:





Food	Calories	Fat Grams	Teaspoons of Fat
Fried fish sandwich	411	19	5
Large French fries	437	22	6
Apple turnover, fried	288	15	4
Milkshake, with ice cream	346	18	5
Total:	1,482	74	20 (That's about 1 stick of butter!)

Keep in mind these facts:

X **Low-fat or fat-free products still contain calories.** In fact, some low-fat or fat-free products are *very high* in calories because they're loaded with sugar. Check the label.

For example:	Calories	Fat (g)
Low-fat fruited yogurt, ½ cup	250	3
Whole milk fruited yogurt, ½ cup	292	8

X All types of food contain calories. The key is to **pay attention to portion size.**



For example, pretzels are low in fat but they aren't calorie-free. So Bill counts a specific number of pretzels into a bowl and then puts the bag away. He also measures margarine when he spreads it on toast in the morning.

	Calories	Fat (g)
Pretzels, hard type, 1 ounce	108	1
Margarine, regular, 1 teaspoon	34	4

How to keep track of calories and fat

1. Write down everything you eat and drink.

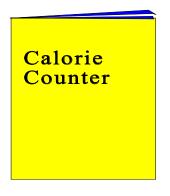
Use one line for each food and drink. Spelling is NOT important. What IS important is to:

- X Be accurate (measure portions, read labels).
- X Be complete (include everything).



2. Write down how many calories and fat grams are in every food.

- X Figure out the amount of each food you ate.
- X Look up each food in the Calorie Counter.



If you can't find a food, use the values for a food that's the most like it. For example, use nut bread for zucchini bread. If you have problems or questions, call your Counselor.

If you eat a dish such as a casserole or stew, write down how much of each thing in the stew you ate. Such as, in a stew, how much meat did you eat? Carrots? And so on.

X Compare the serving size for the amount of food YOU ate with the information in the Calorie Counter to see how many calories and fat grams you ate.

For example:

Sue ate 1 cup of fresh cherries. In the Calorie Counter, it says:

Cherries, sweet, fresh

Serving Calories Fat (g)

1/2 cup 52

1

Sue ate twice that much. So she ate twice as many calories and fat grams:

 $52 \times 2 = 104$ calories $1 \times 2 = 2$ grams of fat

Eat a packaged food? Look on the label for the calories and fat grams. X

Nutrition Facts

Serving Size 1 oz. (28 g/about 21 pieces) ← Servings Per Container 10

Amount Per Serving

Calories 150 ← Calories from Fat 80

	% Daily Value*
Total Fat 9 g ←	14%
Saturated Fat 2 g	10%
Cholesterol 0 mg	0%
Sodium 300 mg	12%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1 g	1%
Sugars less than 1 g	

Protein 2 g

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 2%

> * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			

Fat 9 Carbohydrate 4 Protein 4

- Look at the **Serving Size**. Is this the amount you ate?
- Look at the Calories per serving.
- Look at the **Total Fat grams per** serving.

What if you eat a smaller serving than is listed on the label? You will be eating fewer calories and fat grams than are listed on the label.

What if you eat a *larger* serving than is listed on the label? You will be eating more calories and fat grams than are listed on the label.



3. Add the calories and fat grams you eat during the day.

For practice, find the foods below in the Calorie Counter. Figure out the number of calories in the servings listed. What did you learn?

Time	Food:	Calories	Other
	Amount and Name/Description		(fat grams)
7:00 am	2 slices white bread		2
	2 teaspoons margarine		8
	2 fried eggs		12
	³ / ₄ cup orange juice		0
12:30 pm	1 McDonald's Cheeseburger		14
	1 large McDonald's French fries		22
	12 ounces Diet Coke		0
6:30 pm	Beef stew:		
_	½ cup cooked carrots		0
	3 ounces cooked stew meat,		
	untrimmed		22
	½ cup cooked potatoes		0
	4 biscuits, plain		4
	12 ounces Diet Coke		0
9:30 pm	2 cups ice cream		28

Totals: ___ 112

4. Copy the total calories and fat grams for each day to the back cover. Total them for the week.





To do next week:

Kee	p Tr	ack
Nee	b rr	аск

- X Keep track of your weight, calories, fat grams, and the minutes you are active. Remember to complete the back cover of the Keeping Track book, too.
- X It's best to **carry your Keeping Track book with you** so you can record your food and the minutes you are active right away.
 - X Where will you keep your Keeping Track book?
 - X When will you complete it?
- X **Do your best to stay under your calorie and fat goals.**Remember, your calorie goal is _____ calories per day.
 Your fat gram goal is _____ grams per day.

Be Active

X Walk (or do something like walking) for at least 50 minutes per week. We suggest you spread this over 5 days for 10 minutes each day.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Bring your completed Keeping Track, graphs, and notebook to every session.

Supplement to Session 3: Be careful to read the label.

The claims on food labels can be confusing. Always check the number of calories and fat grams per serving. Always check the serving size.



Calorie Claims

Claim	What it means	Is it low in calories?
Low Calorie	The food has 40 calories or less per serving. Foods naturally low in calories (like canned mushrooms) cannot be labeled low calorie.	Yes, if you eat the serving size given on the label
Reduced Calorie	The food has at least 33% fewer calories than the normal form of the same food.	Can't be sure
Diet or Dietetic	The food may be low calorie, reduced calorie, or useful for people on special diets, like low in sodium).	Can't be sure
Sugarless or Sugar Free	The food has no table sugar. It <i>may</i> contain corn syrup, sorbitol, fructose, honey, or other sweeteners. If these are present, they must be listed on the label.	Can't be sure
No Sugar Added	No table sugar has been added to sweeten the food. The food may have sugar in it naturally. It may have calories from fat or other carbohydrate sources.	Can't be sure
Light or Lite	This has no standard meaning. For example, the food may be low in sugar but high in calories if it is high in fat.	Can't be sure
Natural	This usually means the food has no artificial color or flavors, no chemical preservatives, and no other man-made ingredients.	Can't be sure

Supplement to Session 3: Fat Claims

Claim	What it means	Is it low in calories?
Fat Free	The food has no fat. The food could have calories from sugars or other sources.	Can't be sure
Low Fat	There is 25% less fat in the food than the normal form of the same food. This does not always mean the food is low in fat.	Can't be sure
% Fat Free	This refers to the percentage of fat by weight of a product. This is not the percentage of calories from fat.	Can't be sure
Cholesterol Free or No Cholesterol	The food has no cholesterol. It may still be high in fat and calories.	Can't be sure
Low Cholesterol	The food has less than 20 milligrams of cholesterol per serving. It may be high in fat.	Can't be sure
Reduced Cholesterol	The cholesterol in the food has been cut by 75%.	Can't be sure

* Warning:

Fat-free or sugar-free does not mean calorie-free.

In fact, some low-fat, fat-free, or sugar-free products are still high in calories. Check the label. Look at the foods below:



	Calories	Fat grams
Sugar-free ice cream (½ cup)	90	3
Nonfat frozen yogurt (½ cup)	100	0
Regular ice cream (10-12% fat) (½ cu	p) 143	7

Also, keep in mind that it is the amount of total carbohydrate (not just sugar) that affects the blood sugar.

Supplement to Session 3: Using Glucerna

1200-Calorie Plan

Meal	Foods		Average Calories
Breakfast	1 Glucerna shake		220
Lunch	1 Glucerna shake		220
Dinner	Meal plan (attached)		500-600
Snack	1 Glucerna bar		140
	1 piece of fresh fruit	of ½ cup canned is	n juice 60
	-	Total Calorie	s: 1140-1240

1500-Calorie Plan

Meal	Foods Aver	age Calories
Breakfast	1 Glucerna shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Lunch	1 Glucerna shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Dinner	Meal plan (attached)	500-600
Snacks	1 Glucerna shake and 1 Glucerna bar	360
	*Vegetables	25
	Total Calories:	1445-1545

1800-Calorie Plan

Meal	Foods Aver	age Calories
Breakfast	1 Glucerna shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Lunch	1 Glucerna shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Dinner	Meal plan (attached)	500-600
	1 roll (2½" x 2½" x 2½", plain)	108
	2 teaspoons low-calorie margarine	34
Snacks	1 Glucerna shake and 1 Glucerna bar	360
	2 pieces fresh fruit or 1 cup canned in juice	120
	*Choice of fruits and vegetables	170
	Total Calories:	1732-1832

^{*} Can be added to meals or used as a snack



Here is an example 1200-calorie plan using Glucerna.

	Where	When	Plan	Other Options
Breakfast	Home	7:00 am	1 Glucerna shake	Cold cereal Milk Fruit juice
Lunch	Work	12:00 noon	1 Glucerna shake	Turkey breast sandwich with mustard, lettuce, tomato Apple
Snack	Work	3:00 pm	1 piece of fresh fruit	½ cup canned fruit in juice
Dinner	Home	6:30 pm	Low-calorie frozen entree (≤300 calories, ≤10 grams fat) Vegetable (1 serving) Diet margarine (2 tsp.) Salad Salad dressing (1 serving) Fruit	
Snack	Home	9:00 pm	1 Glucerna snack bar	Nonfat yogurt with aspartame

Supplement to Session 3: Using Slim Fast

1200-Calorie Plan



Meal	Foods	Average Calories
Breakfast	1 Slim Fast shake	220
Lunch	1 Slim Fast shake	220
Dinner	Meal plan (attached)	500-600
Snack	1 Slim Fast shake or bar	220
	Total Calories:	1160-1260

1500-Calorie Plan

Meal	Foods Aver	age Calories
Breakfast	1 Slim Fast shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Lunch	1 Slim Fast shake	220
	1 piece fresh fruit or ½ cup canned in juice	60
Dinner	Meal plan (attached)	500-600
Snacks	1Slim Fast bar	220
	*Choice of fruits & vegetables	220
	Total Calories:	1500-1600

1800-Calorie Plan

Meal	Foods	Averag	e Calories
Breakfast	1 Slim Fast shake		220
	1 piece fresh fruit or ½ cup canned in	juice	60
Lunch	1 Slim Fast shake		220
	1 piece fresh fruit or ½ cup canned in	juice	60
Dinner	Meal plan (attached)		500-600
	1 roll (2½" x 2½" x 2½", plain)		108
	2 teaspoons low-calorie margarine		34
Snacks	1 Slim Fast bar		220
	1 piece fresh fruit or ½ cup canned in	juice	60
	*Choice of fruits and vegetables		220
	Total Calories:	1	702-1802

^{*}Can be added to meals or used as a snack



Here is an example 1200-calorie plan using Slim Fast.

	Where	When	Plan	Other Options
Breakfast	Home	7:00 am	1 Slim Fast shake	Cold cereal Milk Fruit juice
Lunch	Work	12:00 noon	1 Slim Fast shake	Turkey breast sandwich with mustard, lettuce, tomato Apple
Snack			None	
Dinner	Home	6:30 pm	Low-calorie frozen entree (≤300 calories, ≤10 grams fat) Vegetable (1 serving) Diet margarine (2 tsp.) Salad Salad dressing (1 serving) Fruit	
Snack	Home	9:00 pm	1 Slim Fast snack bar	Nonfat yogurt with aspartame

Look AHEAD Meal Plan: Main Meal

Each menu below contains 500-600 calories. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

Salad (see Free Food list)

Salad dressing, low-calorie or fat-free (1 serving) Fish or poultry, cooked without fat, skin removed (1 serving) Pasta, potato, or rice (1 serving)

Vegetable (1 serving) Margarine, low-calorie (1 serving) Fruit (1 serving)



Menu 2

Salad (see Free Food list)

Salad dressing, low-calorie or fat-free (1 serving) Low-calorie frozen entree (≤300 calories, ≤10 grams fat) Vegetable (1 serving) Margarine, low-calorie (1 serving) Fruit (1 serving)

Menu 3 (Vegetarian)

Salad (see Free Food list)

Salad dressing, low-calorie or fat-free (1 serving) Beans, cottage cheese, tofu, or hummus (1 serving) Rice (2 servings) or 1 serving of pasta or potato Vegetable (1 serving)

Margarine, low-calorie (1 serving) Fruit (1 serving)

Other

Food	Amount	Calories	Fat (g)	Food	Amount	Calories	Fat (g)
Fish or poultry, cooked without fat				*Cauliflower, cooked	1 cup ckd	34	0
Fish, fresh or frozen, no fat or breading	3 oz	90	1	*Corn whole kernel, cooker	½ cup ckd	66	0
Turkey, ground, lean (breast only)	3 oz	160	8	*Green beans, cooked	1 cup ckd	38	0
Turkey, light meat, skin removed	3 oz	140	3	*Peas, green, cooked	½ cup ckd	62	0
Chicken, white meat, skin removed	3 oz	141	3	*Peas, snow, cooked	1 cup ckd	50	0
				*Peppers, bell, cooked, chopped	1 cup ckd	38	0
Vegetarian meat alternatives				*Spinach, cooker	1 cup ckd	54	0
Cottage cheese, 1% milk fat	¹⁄2 cup	82		*Squash, summer, cooked	1 cup ckd	44	0
*Hummus (chick pea dip), plain	2 Tbsp	79	4	*Squash, acorn, butternut, or	½ cup ckd	50	0
Tufu, regular, no fat added	½ cup	94	6	hubbard Marinara sauce, jarred (any with ≤ 100 calories and ≤ 2 grams of	1 cup	100	2
*Beans and peas, dried, no fat added	½ cup ckd	129	1	fat per cup)			
*Chickpeas (garbanzos)	½ cup ckd	134	2	Fruit			
Pasta, potato, or rice				*Apple, 2 3/4 " diam.	1 each	81	0
Pasta, white or *whole wheat, plain	1 cup ckd	197	1	* Orange, fresh, 2 5/8" diam	1 each	62	0
Rice, white, *wild, or *brown	½ cup ckd	105	1	*Peach, fresh, 2 1/2" diam. Or	1 each	100	2
Potato, mashed, made with skim milk	1 cup	156	0	canned (water)			
and no fat added				*Pear, fresh, 2 1/2 " diam, or	1 each	98	1
*Potato, baked in skin	Medium	220	0	canned (water)			
Potato, boiled without skin	Medium	116	0	*Pineapple, fresh or canned in	¹⁄2 cup	38	0
*Sweet potato or yam, baked in skin	¹⁄₂ cup	131	0	Juice			
				*Banana, 8" long	½ fruit	48	0
Vegetables			Margarine or salad dressing, low-c	calorie, reduced-	fat or fat-free		
*Broccoli, cooker	1 cup ckd	52	0	Salad dressing, fat-free	1 Tbsp	16	0
Brussels sprouts cooked	1 cup ckd	66	0	Salad dressing, low-calorie	1 Tbsp	43	1-3
*Cabbage, red or green, cooked	1 cup ckd	32	0	Margarine, low-calorie	2 tsp	34	4
* Carrots, cooked	1 cup ckd	70	0	Frozen entrees or dinners, low-cale	orie		
				Cl :41 < 200 1 :	1 - CC		

The following foods are virtually free of calories and fat					

Look AHEAD Free Foods

Salad greens and raw vegetables

- Cabbage
- Carrot
- Celery
- Endive
- Lettuce
- Mushrooms
- Onion
- Peppers
- Radishes
- Romaine lettuce
- Spinach
- Sprouts
- Summer squash
- Tomato
- Zucchini

Drinks

- Bouillon or broth without fat
- Bouillon without fat (low sodium)
- Carbonated drinks (sugar free)
- Coffee, tea (Use only low-fat or nonfat creamers, skim milk, or 1% milk in coffee or tea. Adjust milk or yogurt servings.)
- Drink mixes (sugar free)
- Tonic water (sugar free)

Condiments

• Artificial butter flavorings (e.g., Butter Buds)

- Catsup (1 Tablespoon)
- Horseradish
- Hot sauce
- Mustard (check label)
- Picante sauce
- Pickles (dill, unsweetened)
- Taco sauce
- Vinegar

Sweet substitutes

- Candy, hard, sugar free
- Gelatin, sugar free
- Gum, sugar free
- Sugar substitutes (e.g., saccharine, aspartame)

Miscellaneous

- Herbs
- Lemon juice
- Nonstick pan spray
- Soy sauce
- Spices
- Worcestershire sauce

Session 3: Ways to Eat Fewer Calories

To lose weight and improve your blood sugar levels, it is important to stay under your calorie and fat gram goals.

In this session, we will discuss three easy ways to eat fewer calories and less fat:

- 1. **Weigh and measure** the foods you eat,
- 2. Use a **meal replacement**, and
- 3. Follow the Look AHEAD **meal plan.**

1. Weigh and measure the foods you eat.

Weigh and measure the foods you eat to be sure exactly how much you're eating. Otherwise, you may think you're eating less than you really are.

There are several ways to weigh and measure foods:

Metal or plastic measuring cups and spoons (for solid foods)

X Fill the cup. Level it off before you record.

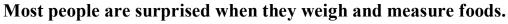
Glass measuring cup (for liquids)

X Read the line at eye level.

Scale (for meats, cheese, etc.)

X Weigh meats after they are cooked.

4 ounces raw = 3 ounces cooked (about the size of a deck of cards)



Our eyes can play tricks on us.

- X On the back of this page, write down the name of each food on display.
- X Guess the amount.
- X Weigh or measure the food. Or look at the bottom of the food model. Write down the actual amount.
- X Figure the fat grams and calories for the actual amount.

How close were your guesses to the actual amount? What makes guessing food amounts hard to do?





2. Use a meal replacement.

Another easy way to eat fewer calories is to use what's called a "meal replacement."

Meal replacements are products such as shakes or bars designed to take the place of an entire meal or snack. The **benefits** of these products include:

X Help people lose weight

Meal replacements contain a fixed amount of calories and fat grams. This makes it easier to stay under your calorie and fat gram goals. It also helps you achieve better blood sugar levels.

X Nutritional balance

Meal replacements are designed to be very similar to what you would eat in a nutritionally balanced meal.

X Supported by research

A research study looked at one group of people who tried to eat no more than 1200 calories by choosing low calorie foods. Another group used meal replacements for two meals and two snacks and chose regular foods for dinner. Those who used meal replacements lost five times as much weight.

- X No food preparation
- X Reduces food shopping time
- X Easy to carry and store
- X Usually cost less than the meal they replace
- X Allow for less exposure to foods that might tempt you to overeat
- X Easy to self-monitor (just write the product name and the calories and fat grams listed on the label)

3. Follow the Look AHEAD meal plan.

A third easy way to eat fewer calories is to follow the Look AHEAD meal plan.

The Look AHEAD meal plan is designed to help you stay under your calorie and fat gram goals. The meal plan consists of **conventional food choices** combined to provide a **healthy**, **portion-controlled weight loss diet**.

Research has shown that people who use meal plans lose more weight than those who try to stay under a calorie and fat goal by making their own food choices.

In Look AHEAD, we strongly recommend that everyone use all three ways to eat fewer calories:

- 1. Weigh and measure any conventional foods you eat,
- 2. Use meal replacements, and
- 3. Follow the Look AHEAD meal plan.

For the next four months, you will be asked to:

- **X** Choose one of the following options:
- Shake at breakfast and lunch
 Main meal at dinner from the Look AHEAD meal plan
 Shake or snack bar for one or two snacks, based on your calorie goal
- 2. Shake at breakfast and dinner
 Main meal at lunch from the Look AHEAD meal plan
 Shake or snack bar for one or two snacks, based on your calorie goal

After four months, you may:

- X **Resume eating a diet of conventional foods.** We suggest you continue to use the Look AHEAD meal plan as a model for healthy eating.
- X Continue using meal replacements for one meal per day. Resume eating conventional foods for your other meals.

Below are the eating patterns we recommend. If your goal is 1500 or 1800 calories, you may still follow the 1200-calorie plan. This will improve your weight loss.

1200-Calorie Plan

Meal	Foods	Average Calories
Breakfast	Meal replacement (shake)	220
Lunch	Meal replacement (shake)	220
Snack	Meal replacement (bar)	220
Dinner	Meal plan for main meal	500-600
	Total Calories:	1160-1260

1500-Calorie Plan

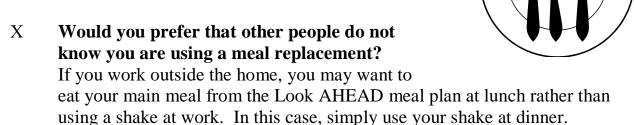
Meal	Foods	Average Calories
Breakfast	Meal replacement (shake)	220
	1 piece fresh fruit or ½ cup canned in juice	60
Lunch	Meal replacement (shake)	220
	1 piece fresh fruit or ½ cup canned in juice	60
Snack	Meal replacement (bar)	220
Dinner	Meal plan for main meal	500-600
Snack	Meal replacement (shake)	220
	Total Calories:	1500-1600

1800-Calorie Plan

Meal	Foods	Average Calories
Breakfast	Meal replacement (shake)	220
	1 piece fresh fruit or ½ cup canned in juice	60
Lunch	Meal replacement (shake)	220
	1 piece fresh fruit or ½ cup canned in juice	60
Snack	Meal replacement (shake)	220
Dinner	Meal plan for main meal	500-600
	1 roll (2½" x 2½" x 2½", plain)	108
	2 teaspoons low-calorie margarine	34
Snack	Meal replacement (shake)	220
	1 piece fresh fruit or ½ cup canned in juice	60
	Total Calories:	1702-1802

Making meal replacements work for you

The following questions will help you figure out how best to fit the meal replacements into your eating pattern.



- X **Do you have trouble controlling your eating at dinner and in the evening?** If so, a good plan would be to eat your main meal from the Look AHEAD meal plan at lunch and have a shake at dinner. Think about using your dinnertime to take your walk!
- Would using a meal replacement at dinner get in the way of your family's meal? If you want to eat dinner with your family, use the meal replacements at breakfast and lunch. Eating your main meal from the Look AHEAD meal plan at dinner would provide healthy choices for the whole family.
- X Are your weekday and weekend meal schedules different?
 You may choose to use the meal replacements at different meals depending on your schedule. Weekdays you might prefer the meal replacement at breakfast and dinner.

Keep in mind:

If you use the meal replacements and Look AHEAD meal plan,
you will be highly likely to
reach your weight loss goal
and improve your blood sugar levels

Here are some **guidelines** for using the meal replacements and meal plan:

- X Follow the plan for meal replacements and one meal per day as closely as you can. It's easier to follow the plan in the long term if you don't eat other foods at work or at home. Eating other foods usually makes people hungry for more of them. Following the plan exactly also makes keeping a food record easy. There is little to write.
- X **Do not use meal replacements for more than two meals per day.** Always include a main meal of regular foods.
- X Follow the meal plan carefully.

 The meal plan is designed to provide what you need for health in addition to the meal replacements.
- X To help you get enough vitamins and minerals, we suggest you take a multivitamin daily.
- X Sometimes you may not be able to use a meal replacement as planned. Such as, you may forget to take a shake to work with you for lunch. Or you may need to eat out with clients, co-workers, or family members. In that case, follow the meal plan for the main meal at that meal or snack.
- X Keep these points in mind when you use the **meal plan:**
 - X When you buy packaged products, **look at the food label** to find the calories and fat grams. Choose products that contain no more than the values given in the food lists
 - X Prepare all foods without added fat (unless included in the meal plan).
 - X Weigh and measure the foods you eat.
 Serving sizes given are *after* cooking (if any) and with only the parts to be eaten.
 For example, meats are weighed after cooking and with no bone.





Make a plan for how you will use the meal

and the Look AHEAD meal plan. Include options for when you can't use a meal replacement

	Where	When	Plan	Other Options
Breakfast				
Lunch				
Snack				
Dinner				
Snack				

Effects of using the meal replacements and meal plan

1. Weight loss

As we have discussed, using the meal replacements and meal plan will help you reach your weight loss goal.

2. Better blood sugar levels

Your blood sugar levels decrease while you are using the meal replacements and meal plan.

If your blood sugar drops below 70 mg/dl:

X You may feel shaky, lightheaded, and confused. You may have cold, clammy hands and a headache.

X



The best treatment is to **drink 4 to 6 ounces** (½ **to** ¾ **cup**) **of juice or** *regular* **soda.** These contain 15-20 grams of quick-acting carbohydrate.

Drink only 4 to 6 ounces (1/2 to 3/4 cup)

Avoid drinking or eating more than this amount. If you do, you will get more calories than you need, and your blood sugar levels will end up too high.

X Check with your diabetes care team. Your insulin or diabetes pills may need to be changed.



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, and the minutes you are active.
- X Follow your plan for using the **meal replacements** and **meal plan.** Call your Counselor if you have any questions or concerns.
- X **Talk with your family and friends** about the meal replacements and meal plan. Ask for their support. Answer their questions.

Be Active

X Walk (or do something like walking) for at **least 50 minutes per week.** We suggest you **spread this over 5 days for 10 minutes each day.**

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Bring your completed Keeping Track, graphs, and notebook to every session

Session 4: Move Those Muscles

In the past, what has gotten in the way of your being active?			
What is the difference between being "busy" and being "active?"			

Research shows that being more active will:



- X Help you lose weight and keep it off.
- X Lower your blood sugar by making the body more sensitive to insulin.
- X Help you feel better.
- X Make you more physically fit.
- X Make it easier for you to do your daily work, like climbing stairs.
- X Lower your risk for some kinds of cancer.
- X Lower your risk for heart disease.

Being active:

- X Raises HDL cholesterol (the "good" cholesterol in the blood).
- X Lowers triglycerides.
- X Lowers blood pressure.



Not all ways of being active will strengthen your heart, only those that are "F.I.T.T."

F.I.T.T. stands for Frequency, Intensity, Time, and Type of **Activity.** In Look AHEAD, we will always keep the F.I.T.T. principles in mind.

	What to do:
Frequency (How often you are active)	X Try to be active on most days of the week (at least 5 days per week). X Increase slowly.
Intensity (How hard you are working while being active: how fast your heart beats)	 X Work hard but not too hard. Keep your intensity similar to a brisk walk. X Breathe fast enough that you can talk but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.
Time (How long you are active)	 X Stay active for at least 10 minutes in a row without breaks. X Slowly increase to 35 minutes per day over the first 26 weeks. (To do this, you will increase your activity every few weeks.) X The total minutes of activity you do per week should be your activity goal for the week or more.
Type of activity	 X Do heart fitness activitiesthose that make your heart work, such as brisk walking, riding your bike, others X Use large muscle groups (such as legs and arms). X Last 10 minutes or longer.

Your Look AHEAD Activity Goal:

Slowly build up to 175 minutes per week of moderate physical activity, like brisk walking, by Week 26.



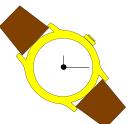
- X This will be in addition to any activity in your job.
- X Pick things you LIKE that are similar to brisk walking. Examples:
- X Be active for at least 10 minutes in a row.
- X Spread the weekly total over 5 days (or more) per week.

How you will progress:

Weeks 1-4:	Walk 50 minutes per week (10 minutes on 5 days per week).
Weeks 5-8:	Walk 75 minutes per week (15 minutes on 5 days per week).
Weeks 9-12:	Walk 100 minutes per week (20 minutes on 5 days per week).
Weeks 13-16:	Walk 125 minutes per week (25 minutes on 5 days per week).
Weeks 17-20:	Walk 150 minutes per week (30 minutes on 5 days per week).
Weeks 20-26:	Walk 175 minutes per week (35 minutes on 5 days per week).

Always check with the Look AHEAD Program staff before changing your activity program.

Many people say, "I would be more active if I could find the time."



You can find the time to be active. Here's how:

- Set aside **one block of time on 5 days a week** to be active. Do something you like. For example, get up early and walk the dog before work.
- Look for **short periods of free time (at least 10 minutes)** during the day. Use the time to be active. For example, walk during your coffee break, for part of your lunch hour, and/or between meetings at work.
- Park further away from the store or where you work.



Make a written plan for every day of the week. Plan what activity you will do. Plan when and for how long you will do it.

Here's an example:

Day	What I will do	When	Minutes
Monday	Walk the dog	7:00 am	10
Tuesday	Walk during coffee break	10:00 am	10
Wednesday	Ride a bike	7:00 am	10
Thursday	Walk during coffee break	10:00 am	10
Friday	Walk the dog	7:00 am	10
Saturday			
Sunday			
	Total minute	s for the week:	50

Record the activity you do in your Keeping Track book. Also graph your activity.

When you do something active, work as hard or slightly harder than when you are taking a brisk walk. One way to measure this is by taking your heart rate.

How to take your heart rate (or pulse):

You will need a clock, watch, or stopwatch with a second hand.



- Take your pulse while you are active for 15 seconds.
- Take it again, within a second or two after you have

stopped your activity.

• Use your index and middle fingers. (Don't use your thumb, which has a pulse of its own.)



Place them on your wrist, just above the base of the thumb.

Or place the tips of the fingers on your neck, just on either side of the Adam's apple. Don't press too hard on the neck or you may feel dizzy or light headed.

• Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.

Stay within your target heart rate range.

At the start of Look AHEAD, you were given an exercise test on a treadmill. That test was used to provide a "target heart rate range" for you.

Your target heart rate range is _	to	beats per minute,	

	or to beats per 15 seconds.
Wh	en you do structured activity:
X	Stay above the lower limit to work as hard or harder than when you are taking a brisk walk.
X	Stay under the upper limit for safety.

How hard are you working?



Most people have a good sense of how hard they are working when they're being active. Listen to your body.

Rate yourself on the following scale while you're being active.

How hard are you working?

•	•	•	•	•		•
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
Example	s					
"I'm n working at all. I talk and sign easi	hard can even	"I'm working and breathing a little harder than usual. I can still talk easily."	"I'm working and breathing somewhat hard. I can talk fairly easily."	"I'm working hard and breathing deeply. I can still talk."	ver can't	working y hard. I catch my h or talk"

Right now:

• Stay in the range between "fairly light" and "somewhat hard."

Talk with your Counselor.

Over time, you may be able to progress to the range between "somewhat hard" and "hard."

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you now have shoes that fit well and support your feet. But here are some hints if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- X Visit one or more stores you trust. Try on various styles and brands.
- X The people in the store can help you find a good fit. They can also help you choose the shoe best suited for the kind of things you do.

Look for a good fit.



- X Wear the kind of socks you'll wear when you're active. Cotton socks are best.
- X If possible, go to the store right after you've been active.

 That way, your feet will be the size they are when you're warmed up.
- X The shoes should feel good right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - X There should be one thumb's width of space between your longest toe and the end of the shoe.
 - X The heel should NOT pinch or slip around when you walk.
 - X The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- X Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- X Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as walking, running or aerobic dance. They will give you the kind of support needed for what you will be doing.

When to stop exercising

Being active is usually quite safe. But in rare cases, problems can happen. Be aware of some of the signs and symptoms of when to stop exercising.

X Chest pain or discomfort

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness

Where: Possibly in the:

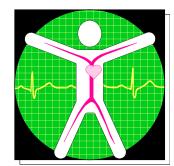
X Center of the chest,

X Spread throughout the front of the chest, or

X Spreading to the shoulder(s), arm(s), neck, and back

What to do: Stop and sit or lie down.

If it doesn't go away after 2-4 minutes, go to an emergency room.



If it does go away, but returns each time you exercise, see your doctor.

X Shortness of breath, sweating, feeling lightheaded, or feeling sick to your stomach.

What to do: Call your doctor.

These may or may not be signs of something serious, like a heart problem.

In future sessions, we will talk about some ways to **warm up** before you are active and **cool down** after you are active. This will help so you don't hurt yourself.

For now, **start slowly** and **gradually slow down** when you are finished.

For facts on foot card and preventing low blood sugar due to exercise, refer to the related Medical Care handouts.



Keep Track

- X Keep track of your weight, calories, fat grams, and minutes you are active.
 - Record only the time you are *doing* the activity. (Don't include breaks.)
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

X Walk (or do something like walking) for at least 50 minutes per week.

We suggest you spread this over 5 days for 10 minutes each day.

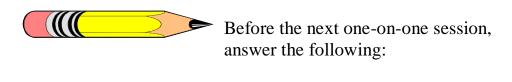
- X Include a friend or family member if you like.
- X Plan activities you LIKE to do.
- X **Take your heart rate when you are active.** Adjust how hard you are working so you *stay within your target heart rate range.*

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total n	ninutes for the week (50 mi	inutes or more):	

Bring your completed Keeping Track, graphs, and notebook to the next session. Also complete the How Are You Doing? page for Session 5.

Session 5: How Are You Doing?



1]	I feel my progress since the last one-on-one session has been:		
Q	uestions to ask my Counselor:		
_			
_			
_			
_			
-			
_			
_			
-			
-			

Once a month we'll **talk about your progress** in the Look AHEAD Lifestyle Program.

We will:

- X Think about your reasons for joining the study.
- X Review your weight graph, activity graph, and Keeping Track records.
- X Discuss the things that were hard and changes you have made.
- X Talk about what has helped you.
- X Review how you feel about your progress so far.
- X Discuss how important it is to you to make any new changes and how sure you are that you can do so.
- X Set some goals for the next month.
- X Other:

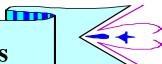
To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the handouts for the previous group sessions**. Bring any related questions or ideas to our meeting.





Learning to Set Helpful Goals

Some goals are helpful. Some are not so helpful. Here are some ideas to help you set helpful goals.

Helpful goals are:	Example
Positive	I will plan dinner menus with no more than 500 calories.
	(Instead of negative: I will stop eating so much.)
Specific	I will walk 40 minutes on Tuesday after work.
	(Instead of vague: I will get more exercise.)
Something under	I will stop buying cartons of ice cream and ask my husband
your control	to only eat ice cream when he eats out.
	(Instead of what you can't control: I will get my
	husband to stop eating ice cream.)
Time limit	I will lose 2 pounds by June 15.
	(Instead of open-ended: I will lose 2 pounds.)
Small enough so you	I will walk 30 more minutes this Wednesday night.
can reach them	(Instead of: I will walk 60 more minutes every night
	of the week.)
Broken into small	I will buy carrots and celery at the grocery store, cut them
steps	into sticks, and put them in the refrigerator in small plastic
	bags for my lunches this week.
	(Instead of not broken down: I will eat carrots and
	celery sticks for lunch.)
Related to a reward	I will buy a copy of my favorite magazine if I pack my
	lunch three times this week.
	(Instead of: I will pack my lunch three times this
	week.)

Take this not-so-helpful goal	Make it:	Example of a more helpful goal
I will stop watching so much TV after dinner.	Positive	
I will stop eating dessert.	Positive	
I will walk more.	Specific	
I will eat less bread.	Specific	
My kids will stop eating cookies for snack.	Under your control	
My boss will stop bringing doughnuts in for everyone on Friday mornings.	Under your control	
I will take the dogs for a walk in the park.	Time specific	
I will eat salads with low-calorie dressing.	Time specific	
I will start swimming again.	Small enough	
I will never eat ice cream again.	Small enough	
I will go swimming after work on Tuesdays.	Broken into small steps	
I will go to restaurants that have more low-calorie choices on the menu.	Broken into small steps	
I will walk the dogs for 30 minutes tomorrow.	Related to a reward	
I will eat fruit for a bedtime snack tonight.	Related to a reward	



To do next week:

Do your best to reach the goal you set.

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- X Increase your activity to at least 75 minutes per week.
 We suggest you spread this over 5 days for 15 minutes each day.
 This will be your new activity goal for the next four weeks.
- X When you are active, stay within your target heart rate range.
- X Plan things you LIKE to do that are like brisk walking.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total n	Total minutes for the week (75 minutes or more):		

Bring your completed Keeping Track, graphs, and notebook to every session.

Session 6:

Working With What's Around You

What "cues" you (or makes you want) to eat?

- X Hunger
- X What you're thinking or feeling
- X What other people say and do
- X Sight and smell of food
- X Certain activities that make you think about food, like watching TV or reading magazines

"Cue"	Makes you want to eat:	
You see a carton of ice cream.	Ice cream	
You turn on the TV.	Potato chips (if you often eat potato chips while watching TV)	
You go to the movies.	Popcorn	

When you respond to a food cue in the same way, over and over again, you build a **habit.** For example, if you usually eat potato chips while watching TV, turning on the TV can make you hungry for potato chips, even if you just left the dinner table.

How can you change problem food cues and habits?

- 1. **Stay away from the cue.** Or keep it out of sight.
- 2. **Build a new, healthy habit.** Practice responding to the cue in a healthy way. Add a new cue that helps you lead a healthy life.

Don't forget, it takes **time** to break an old habit or build a new one.

Common problem food cues

At home: Living room: TV, telephone, candy dishes

Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),

foods being cooked, leftovers

Dining room: Serving dishes on table, large dinner plates, leftovers on

plates

At work: Bakery on the way to work, high-calorie/fat foods (for example,

doughnuts, high-fat coffee creamers, and candy) in public areas, in

your desk, or in a nearby vending machine

Don't forget:

1. Keep high-calorie, high-fat foods out of your house and work place.

Or keep them out of sight. Out of sight is out of mind.

Keep lower-calorie, lower-fat choices easy to reach, in sight, and ready to eat.

Such as: Fresh fruits, raw vegetables (already washed and cut up), nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O,

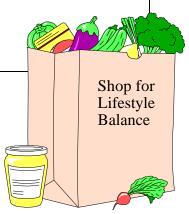
sugar-free popsicles

- 2 Limit your eating to one place.
- 3. Limit the things you do while you eat.

Where you shop:

Shopping tips

- X Make a shopping list ahead of time. Stick to the list!
- X Don't go shopping when you're hungry.
- X Avoid sections in the store that are tempting to you, if you can.
- X Ask the grocery store manager to order low-calorie, low-fat foods you want.
- X Only use food coupons for low-calorie, low-fat foods, not for high-calorie, high-fat foods.



Activity Cues

Common problem food cues

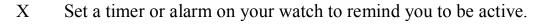
1. Add positive activity cues to your life.

X Keep these in sight:



Walking shoes, exercise bag, mat, bike Graph for recording activity Exercise videos and magazines Photos and posters of being active Other things to remind you to be active

X Set up an "activity date" with a friend or family member.



X Others:



2. Get rid of cues for being inactive.

X Limit TV watching. Or be active while you watch TV.

X Don't pile things at the bottom of the stairs. Climb the stairs each time something needs to be taken upstairs.

X Others:

You can make food and activity cues work *FOR* you, not against you.



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, and minutes you are active.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 75 minutes per week.
 - We suggest you spread this over 5 days for 15 minutes each day.
- X When you are active, stay within your target heart rate range.

Make a plan for how active you will be next week:

	What I will do	When	Minutes		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
T	Total minutes for the week (75 minutes or more):				

	X	What problem food cue will you get rid of?
	X	hat will you need to do to get rid of it?
	X	What problems might you have? What will you do to solve them?
	Add	I one positive cue for <i>being more active</i> .
	ΧV	What activity cue will you add?
	ΧV	What will you need to do to add it?
	X V	What problems might you have? What will you do to solve them?
fo		e next meeting, answer these questions: you follow your plans above?Yes No Almost
		at problems did you have?
	Wha	nt could you change next week?

Session 7: Problem Solving

Many things can get in the way of being more active and eating fewer calories and less fat.

But problems can be solved.



The five steps to solving a problem:

1. Describe the problem in detail.

Be specific.

Look at what led up to the problem.

Find the action (or behavior) chain.

Try to see the steps (links) in the action chain. Look for:

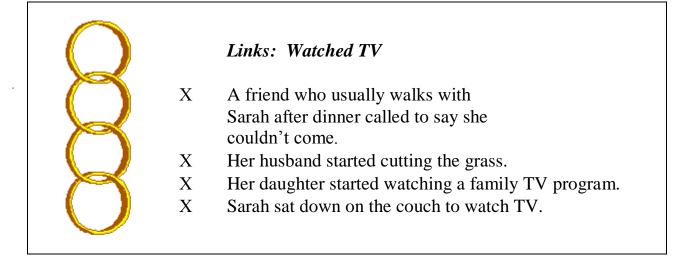
- X Things that "cue" you (or make you want) to eat high-calorie, high-fat foods, overeat, or not be active.
- X People who don't support your efforts to lose weight and be more active.
- X Thoughts or feelings that get in your way.

Example:

Sarah is a busy woman with a job and family. Yesterday she ate a fair number of cookies when she came home from work. And she watched TV after dinner instead of taking the walk she had planned.

Here are the related action chains.

X Sarah didn't eat lunch.
X Her boss was critical.
X Sarah felt stressed and upset.
X She came home tired, upset, and hungry.
X She went right to the kitchen.
X She saw cookies on counter.
X She ate the cookies.



2. Brainstorm your options.

Here are some possible options for the links that led up to Sarah eating cookies.

Links	Some	e of Sarah's Options
	X	Quit her job. (Just kidding.)
Sarah didn't eat lunch	X	Pack a quick bag lunch.
Her boss was critical. Sarah felt stressed and upset.	X	Talk with her boss about solving the problems at work.
	X	Take a break.
	X	Get support from a co-worker.
Sarah came home tired, upset, and hungry.	X	Go for a walk after work to unwind.
She went right to the kitchen.	X	Enter house through different door.
	X	Plan something to do the minute she gets home (like getting out in the yard to rake leaves, reading a novel for 15 minutes).
She saw cookies on counter.	X	Don't buy cookies
	X	Keep cookies out of sight.
	X	Keep fruit in sight.

Here are some possible options for the links that led up to Sarah watching TV instead of going for a walk



Links

A friend who usually walks with Sarah after dinner called to say she couldn't come.

Some of Sarah's Options

- X Call another friend who might like to walk.
- X Plan to listen to a favorite tape or radio program while walking if friend cancels.
- Her husband started cutting the grass
- X Ask her husband to walk with her today and cut the grass tomorrow.
- Her daughter started watching a family TV program.
- X Ask her daughter to walk with her instead of watching the program.
- X Tape the program to watch together tomorrow.
- Sarah sat down on the couch to watch TV.
- X Carry the TV around the block twelve times. (Just kidding.)
- X Ride exercise bike, walk on treadmill, or lift weights while watching TV.

3. Pick one option to try.

Weigh the pros and cons of each option. It is best to break as many links as you can. Begin to attack links as early in the chain as you can.



Choose options that are likely to work for you and ones you can do.

4. Make a positive action plan. Example for Sarah:

Problems can be solved.

I will ... Pack a quick bag lunch.

X When? ... For Tuesday and Thursday

next week.

X I will do this first ... Shop for the foods.

Pack lunch the night before.

X Roadblocks that Might forget.

might come up, and Find a healthy sandwich how I'll handle them ... Find a healthy sandwich place with quick service.

Order a turkey sandwich

by phone.

X I will do this to

make my success

Ask a friend who also brings bag lunches to work to join

more likely ... me for lunch on Tuesday.

X How can we help you? Ask Counselor for

easy ideas for bag lunches.

X My reward will be ... Buy a magazine on Friday.

Note:

Problem solving is a process.

Reward yourself for *any* **changes you make**, even if you don't reach your final goal.

You deserve credit for each step along the way.

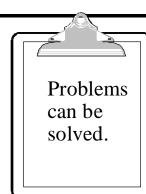
5. Try it. See how it goes.

Did you follow your action plan?

Did the action plan help?

If not, what went wrong?

Problem solve again.



You may need to create two or three different action plans before you succeed.

Problem solving is a process. Don't give up!

The Look AHEAD Problem Solver

Choose a problem you've had reaching your weight or physical activity goals in the past few weeks. Or think of a problem that might get in the way of your goals in the next month or so.

Describe the problem in detail.	Be specific.

Find the action chain. Brainstorm options for each link. (Having trouble? Flip back to the examples we gave you.)

Find the action chain.	Brainstorm your options.
Links	Options

Pick one option.	Is it very likely to work?	Can you do it?
•	J J	J

	Problems can be solved.
I will:	
When?	
I will do this first: –	
Roadblocks that mig	ght come up: I will handle them by:
I will do this to mak	ke my success more likely:
How can we help yo	ou?
My reward will be:	



Step Your Way to Success

Using a pedometer can add fun and challenge to your plans to be active.

Starting tomorrow, you should wear the pedometer.

In the coming sessions, we will use what you learn by counting your steps to help you become more active.

Wear the pedometer, and record your steps every day.

Clip the pedometer on when you first get up in the morning.

- X Clip it to your clothes at your waists. (See the drawing in the instructions.)
- X Make sure it is secure and doesn't jiggle. For example, don't let it flap around in a pocket.
- X Make sure it isn't tilted.

Take the pedometer off at night before you go to sleep.

Write down the number of steps you took that day in your Keeping Track book. Reset the pedometer for the next day.

Important:

- 1. Continue to record your activity in minutes. This is required by Look AHEAD. But also record your steps.
- 2. Be sure to reset the pedometer every morning.

- 3. Don't open the case. If you think the batteries may need to be changed, return the pedometer to your Counselor.
- 4. Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow.



To do next week:

Keep Track

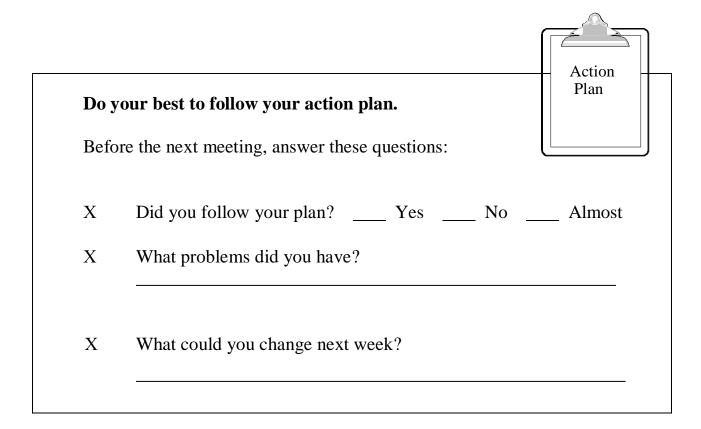
- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 75 minutes per week.
 - We suggest you spread this over 5 days for 15 minutes each day.
- X When you are active, stay within your target heart rate range.

Make a **plan for how active you will be** next week:

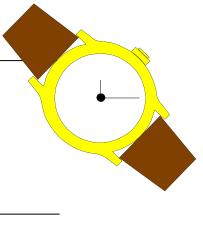
	What I will do	When	Minutes		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
	Total minutes for the week (75 or more):				



Bring your completed Keeping Track, graphs, and notebook to every session.



Session 8: Being Active: A Way of Life



Make being active a part of your daily *routine*.

what gets	in the way	or being a	active?	

You *can* find the time to be active.

• Set aside **one block of time on 5 days a week** to do an activity you like. You could get up early and walk the dog before work. Or try cutting your TV time in half and walk instead. Or be active while you watch TV (such as riding an exercise bike, lifting weights, or walking in place).

When can you set aside up to 35 minutes to do an activity you like?

• Look for **short periods of free time** (at least 10 minutes) during the day. Use the time to be active. Walk during your coffee break, for part of your lunch hour, and between two meetings at work.

When during the day might you have some free time (at least 10 minutes)?

Usual Activity and Structured Activity

All kinds of physical activity help your health.

An active lifestyle includes "usual activity" and "structured activity."

An Active Lifestyle

Usual Activity

Lasts less than 10 minutes in a row

You don't work as hard as when you are taking a brisk walk.

Such as:

When you shop at the mall, park your car further away and walk.

At work, walk up the stairs instead of taking the elevator.

Structured Activity

Lasts less than 10 minutes in a row without breaks.

You don't work as hard or Harder when you are taking a Brisk walk.

Such as:
Brisk walking
Bicycle riding
Swimming
Hiking
Aerobic dancing
Cross-country skiing

Think of "usual activity" as making active choices throughout the day.

Inactive Choice (Limit)	Active Choice
Take elevator or escalator.	Walk up the stairs.

Step Your Way to Success



Your everyday activity is important to your health, but it is hard to record.

In Look AHEAD, you will use a pedometer to measure how active you are overall.

- Most activity requires you to move around. The pedometer will measure how many steps you take while moving around.
- For most people, the more steps you take, the more active you are.

Look over your record of steps from last week. Complete this chart:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps							
Minutes of structured activity							

`	u took all week and divide by 7.)
divided by	7 days =
Total steps per week	Average steps per day
On which days were you the most On which days were you the least	

Studies have shown that:

- The least active people take about 2,000 to 4,000 steps per day.
- Moderately active people take about 5,000 to 7,000 steps per day.
- The most active people take at least 10,000 steps per day.

In Look AHEAD, your goal is to slowly increase your steps to an average of 10,000 steps per day or more on most days and to maintain this level of activity.



Here's how you can do it!

oal for
per day

Important:

- Continue to record your structured activity in minutes. Do your best to reach your goal for minutes of activity per week. This is required for Look AHEAD, whether or not you use a pedometer to reach your goal for steps per day.
- Reaching your structured activity goal (in minutes) will help you reach your goal for steps per day.

Below is a chart to help you increase your steps over the coming months. Continue adding steps in this way until you reach 10,000 steps per day or more.

Session	How to increase		Goal
8	Average steps per day for Session 7 () + 250	
9	Average steps per day for Session 8 () + 250	
10	Average steps per day for Session 9 () + 250	
11	Average steps per day for Session 10 () + 250	
12	Average steps per day for Session 11 () + 250	
13	Average steps per day for Session 12 () + 250	
14	Average steps per day for Session 13 () + 250	
15	Average steps per day for Session 14 () + 250	
16	Average steps per day for Session 15 () + 250	
17	Average steps per day for Session 16 () + 250	
18	Average steps per day for Session 17 () + 250	
19	Average steps per day for Session 18 () + 250	
20	Average steps per day for Session 19 () + 250	
21	Average steps per day for Session 20 () + 250	
22	Average steps per day for Session 21 () + 250	
23	Average steps per day for Session 22 () + 250	
24	Average steps per day for Session 23 () + 250	

Keep It Safe

Being active is usually quite safe.

But in rare cases, problems can arise (such as with running or jogging). The best approach is to prevent problems and keep it safe.

Refer to the Medical Care handouts for facts on how to **prevent low blood sugar during exercise.**

Prevent sore muscles or cramps.

- X Only increase **a little at a time** how often, how hard, and how long you're active.
- X Wear good and comfortable shoes.
- X Drink plenty of water before, during, and after being active.
- X Wear socks that fit well, are comfortable, and keep your feet dry.
- X Warm-up before and cool-down after every activity.

Warm-up (Most warm-ups take only 5 to 15 minutes.)

- 1. Do whatever activity you plan to do but at a lower intensity (lower heart rate) for a brief time. This may mean walking slowly for a few minutes before speeding up.
- 2. Do a few minutes of mild stretching if you plan to do something more vigorous than walking.

Cool-down (Most cool-downs take only 5 to 15 minutes.)

- 1. Do whatever activity you have been doing, but at a lower intensity (lower heart rate) for a brief time.
- 2. Do a few minutes of mild stretching, especially if you've done something more vigorous than walking.

If you do get a muscle cramp:

- X Stretch the muscle, then massage it. Repeat.
- X If there is still pain, put ice on the cramp for a few minutes. Then repeat the massage and stretching.

If you have any other injury that is affecting your ability to exercise, talk with your Counselor for guidance.

Stretch Those Muscles

Your body is like a rubber band.

Your muscles will become less flexible as you age and when you are not active. This makes movement more difficult. For this reason, stretching is important.

Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and hurting yourself. Stretching also helps you be more flexible and feel relaxed.

How to Stretch

- X Do a short warm-up *before* stretching.
- X Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- X Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- X Relax. Then repeat 3 to 5 times.
- X Stretch within your own limits. Don't compete.
- X Breathe slowly in and out. Do NOT hold your breath.
- X Relax, enjoy, and feel good about yourself.

Important: Never stretch if you have pain before you begin.

If a stretch causes pain, stop doing it. *Listen to your body!*



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps. Don't record activities that last less than 10 minutes.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

-	•	4 •
Be	А	ctive

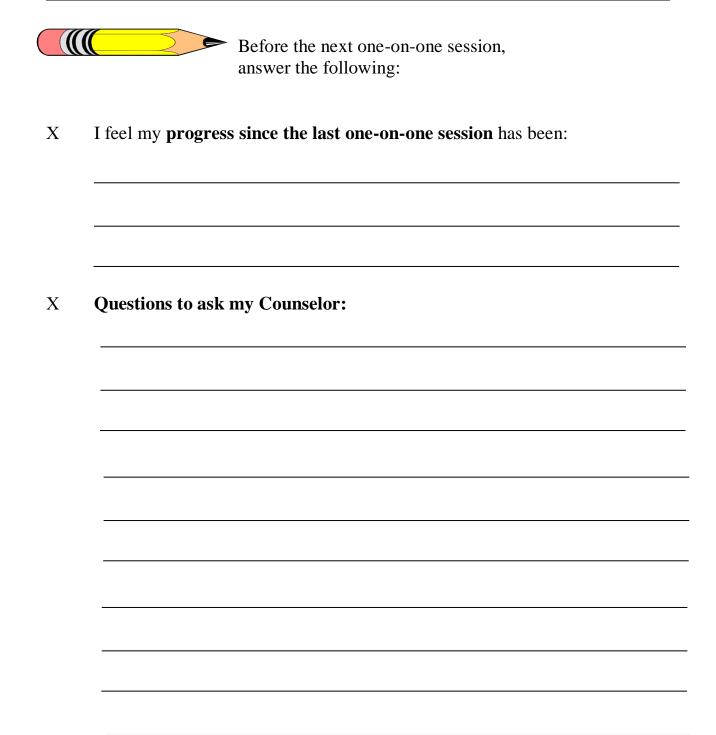
- X Walk (or do something like walking) for at least 75 minutes per week. We suggest you spread this over 5 days for 15 minutes each day. Warm up, cool down, and do the stretches you've learned so far.
- Add 250 steps per day to your starting average steps per day.
 Goal for next week =
 Average steps/day last week + 250 = steps/day
- X During structured activity, stay within your target heart rate range.
- X **Do more "usual activity" throughout the day.**What I will do:

Make a plan for how active you will be next week:

	What I will do	When	Minutes	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total minutes for the week:				

Bring your completed Keeping Track, graphs, and notebook to the next session. Also complete the How Are You Doing? page for Session 9.

Session 9: How Are You Doing?





To do next week:

Do your best to reach the goal you set.

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- X Increase your activity to at least 100 minutes per week.
 We suggest you spread this over 5 days for 20 minutes each day.
 This will be your new activity goal for the next four weeks.
- X During structured activity, stay within your **target heart rate zone.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = ____ steps/day

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total mi			

Bring your completed Keeping Track, graphs, and notebook to every session.

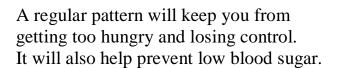
Session 10: Healthy Eating

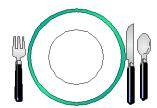
Eating fewer calories (and less fat) is essential to losing weight and managing your diabetes. It's also one important part of healthy eating.

Some of the other parts of healthy eating include:

... the way you eat.

A regular pattern of meals is important.





Eat slowly.

If you eat slowly, you will:

- X Digest your food better.
- X Be more aware of what you're eating.
- X Be more aware of when you're full.

Try pausing between bites. Put down your fork or spoon. Enjoy the taste of your food.

Don't worry about cleaning your plate.

Serve yourself smaller portions to begin with.

... what you eat overall.

The Food Guide Pyramid: Low-Calorie, Low-Fat Choices

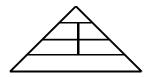
The Food Guide Pyramid is a guide to healthy eating.

List some low-calorie, low-fat foods you enjoy in each of the food groups below. Note: Each food group has a range of servings.

You may not be able to meet all of them while reducing calories.

	Breads, cereals, rice, pasta (6-11 servings)
	Vegetables (3-5 servings)
	Fruit (2-4 servings)
MILK	Milk, yogurt, cheese (2-3 servings)
	Meat, poultry, fish, dry beans, eggs (2-3 servings)
	Fats, sweets, alcohol (use only small amounts) Choices that are lower in fat and calories:

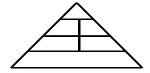
The Food Guide Pyramid



Note: While reducing calories, you may not be able to meet the recommended servings for every group.

Group	Example low-calorie, low-fat foods (choose these)	High-fat (or high-sugar) foods (limit or avoid these)
Breads, cereals, rice, pastas (6-11 servings)	 1 slice bread or tortilla ½ bagel, English muffin, pita bread 4-6 crackers ½ cup cooked cereal, pasta, bulgur, rice 3/4 cup dry cereal 	 Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas Granola-type cereals
Vegetables (3-5 servings)	 1 cup raw vegetables ½ cup cooked vegetables or vegetable juice 	 Vegetables with butter/margarine, cream, or cheese sauces Fried vegetables, olives, avocados
Fruits (2-4 servings)	 1 small fresh fruit ½ cup canned fruit or fruit juice 	 Fruits in pastry (as in pies), coconut High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice
Milk, yogurt, cheese (2-3 servings)	 1 cup skim or 1% milk 1 cup low- or nonfat yogurt 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) 	 2% or whole milk Regular cheese (>2 grams fat/ounce) High in sugar: yogurt with added sugar
Meat, poultry, fish, dry beans, eggs servings)	 2-3 ounces cooked lean meat, poultry (without skin), or fish ½ cup tuna, canned in water ½ cup cooked dry beans, lentils, split peas 1 egg or ¼ cup egg substitute 	 Peanuts, peanut butter, all nuts Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) Chicken or turkey with skin Tuna canned in oil Beans cooked in lard or salt pork
Fats, sweets, alcohol (limit)	 Low-fat substitutes: Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream Low-fat whipped topping Fat-free frozen yogurt Diet soft drinks Lite syrup 	 Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream Half and half, whipped cream Cakes, cookies, ice cream, candy, cupcakes Honey, jelly, syrup, sugar Soft drinks

Rate Your Plate



Write down the foods and amounts you are yesterday in each pyramid group. Figure the total servings per group. How does what you are compare to the range of recommended servings? (Keep in mind that, while reducing calories, you may not be able to meet the recommended servings for every group.)

Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Ranges
Bread, cereal,						6-11 servings
rice, pasta						
Vegetables						3-5 servings
Fruit						2-4 servings
Milk, yogurt, cheese						2-3 servings
Meat, poultry, fish,						2-3 servings
dry beans, eggs						
Fats, sweets,						Only small
alcohol						amounts

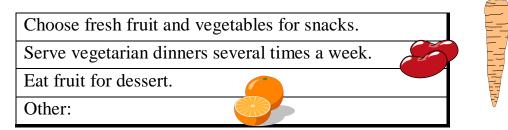
What could you do to better match the Food Guide Pyramid?

(While reducing calories, you may not be able to meet the recommended servings for every group.)

Pyramid Group	Breakfast	Lunch	Dinner	Snacks	Total Servings	Ranges
Bread, cereal,						6-11 servings
rice, pasta						
Vegetables						3-5 servings
Fruit						2-4 servings
Milk, yogurt, cheese						2-3 servings
Meat, poultry, fish,						2-3 servings
dry beans, eggs						
Fats, sweets,						Only small
alcohol						amounts

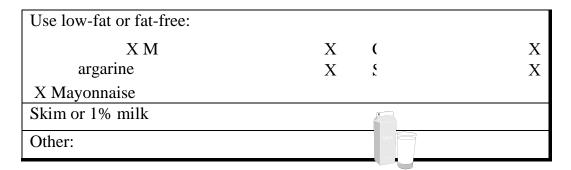
The Food Guide Pyramid and "eating lower-calorie foods" work together.

☐ Instead of high-calorie, high-fat foods, pick low-calorie, low-fat foods.



☐ Instead of high-calorie, high-fat foods, use lower-calorie substitutes.

(Note: Another option would be to use smaller amounts.)

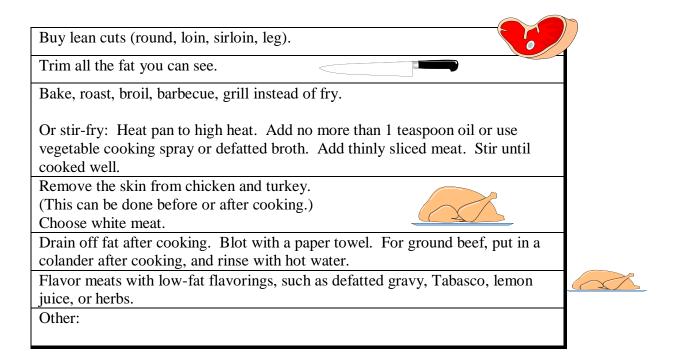


☐ Instead of flavoring foods with fat, use low-calorie, low-fat flavorings

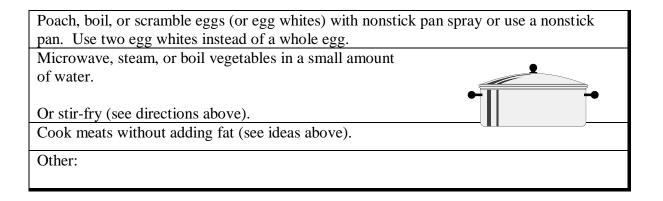
To flavor these foods:	Use these low-fat, low-calorie flavorings (remember to count the calories):
Potatoes,	X Low-fat margarine (small amount), nonfat sour
vegetables	cream, defatted broth, logist or fat-free plain yogurt, salsa
	X Herbs, mustard, lemon juice
Bread	X Nonfat cream cheese, low-fat margarine (small
	amount), all fruit jams
Pancakes	X Fruit, low-calorie syrup, unsweetened
	applesauce, crushed berries
Salads	X Nonfat or low-fat salad dressing, lemon juice,
	vinegar

Pasta, rice	1 8	auce without meat or added fat, chopped
	vegetables, white sauce and no fat	made with skim or 1% milk
Other:		

☐ Find ways to lower the calories and fat in meats you eat.



☐ Avoid frying foods. Try other, healthy ways of cooking.



Healthy eating is important for diabetes management.

Talk with your Individual Counselor about the details of your own diabetes care. Here are some general guidelines:

To help keep your blood sugar stable:

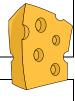
- X Eat about the **same amounts of foods** at each meal and snack every day.
- X Eat your meals and snacks at about the same times every day.
- X **Do not skip** meals or snacks.
- X Adjust what you eat for when you are active (see related Medical Care handouts).

To help reduce your risk of heart disease:

Limit the amount of saturated fat you eat.

The following foods are high in saturated fat:

- X Fatty meats, meat drippings, poultry skin
- X High-fat dairy products (like regular cheese and milk, cream, ice cream, butter)
- X Lard
- X Palm oil
- X Coconut, coconut oil



Limit the amount of cholesterol you eat.

Cholesterol is a fat-like substance found only in animal foods.

Cut down on these foods:

X Egg yolks

X Organ meats (like liver, kidney, sweetbread, brain)

X High-fat dairy products (like regular cheese and milk, cream, ice cream, butter)

X Meat and meat products, poultry, and some fish and shellfish

Limit the amount of trans fat you eat.

Trans fat is created by companies that make food when they add hydrogen to liquid vegetable oils. This makes the oils more solid, as in margarine or shortening. This process is called "hydrogenation."

Check the ingredient list on food labels for the words "hydrogenated" or "partially hydrogenated." Avoid these foods. (The softer the margarine, the less trans fat it contains. Squeeze margarines have less fat than stick margarine.)

Eat high-fiber foods.

Fiber helps lower blood cholesterol and triglycerides. Fiber prevents constipation and slows the absorption of sugars after a meal. Fiber also makes a low-calorie meal plan more satisfying and filling, which may help you lose weight. (To avoid constipation, increase fiber slowly, and drink plenty of water. If you greatly increase your fiber intake, talk with your doctor--you may need to change your dose of insulin or diabetes pills.)

The following foods are high in fiber:

X Dried beans and peas

X Whole grain products (such as 100% whole wheat or rye bread or crackers, whole wheat or bran cereals, oatmeal and oat bran, whole wheat pasta, brown rice)

X Whole fruits and vegetables, with the edible skins and seeds

To help manage your blood pressure:

Limit the amount of sodium you eat.

Sodium is found in table salt, seasonings like soy sauce and barbecue sauce, salty snacks such as potato chips and crackers, salty or smoked meats and fish, lunch meats, foods prepared in brine such as pickles, and many processed foods such as frozen entrees, canned or dried soups, baked goods, and fast foods.

If you drink alcohol...

1. Keep in mind that alcohol contains calories. The calories in alcohol are "empty." They contain relatively few nutrients.

1 gram of carbohydrate or protein	4 calories	
1 gram of alcohol	7 calories	
1 gram of fat	9 calories	

2. Many alcoholic beverages contain extra calories from sugar, carbohydrate, or fat:

Drink	Calories	Fat (grams)
Light beer (12 oz)	101	0
Beer, regular, malt, or no alcohol (12 oz)	148	0
Table wine, red or white (3 oz)	63	0
Sweet dessert wine (3 oz)	90	0
Wine coolers (12 oz)	About 200	0
Liquor (e.g., gin, scotch, whiskey) (1 jigger, 1½ oz)	About 100	0
Cocktails (e.g., Daiquiri, martini) (3 oz)	About 200	Varies
Martini (gin and vermouth) (3 oz)	156	0
Whiskey sour (3 oz cocktail)	123	0
White Russian (3 oz), made with cream	225	7
Alexander w/gin (3 oz), made with cream	236	9
Grasshopper (3 oz), made with cream	253	9
Eggnog (1 cup)	342	19

- 3. Alcohol may raise triglyceride levels and blood pressure.
- 4. If you do drink alcohol, follow these tips:
 - X Dietary guidelines recommend no more than two drinks per day for men and no more than one drink per day for women.
 - X Alcohol can cause low blood sugar when consumed without food.
 - X Sip slowly. Make one drink last a long time.
 - X Notice the effects of drinking. Stop before over-doing it.



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plans.
- X Also, fill out the Rate Your Plate \Box form every day. Use the next two pages.

Be Active

- X Walk (or do something like walking) for at least 100 minutes per week.
 - We suggest you spread this over 5 days for 20 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned so far.
- X Add 250 steps per day to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = ____ steps/day

Make a **plan for how active you will be** next week:

	What I will do When	Minutes		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total minutes for the week (100 minutes or more):				

Do your best to follow the Food Guide Pyramid.



Answer these questions before our next meeting:

Did you make any changes during the week to better match the Food Guide Pyramid? If yes, what were they?						
What problems did you have? Did you solve them? If so, how?						

Bring your completed Keeping Track, graphs, and notebook to every session.









Rate Your Plate





Check (\Box) one box for every serving that you eat from the Food Guide Pyramid groups. The starred boxes show you the minimum number of servings recommended. (Refer back to page 3 for serving sizes.)

Date:									
Bread, cereal, rice, pasta	*	*	*	*	*	*			
Vegetables	*	*	*						
Fruit	*	*							
Milk, yogurt, cheese	*	*							
Meat, poultry, fish, dry beans, eggs	*	*							
Fats, sweets, alcohol									
Date:									
Bread, cereal, rice, pasta	*	*	*	*	*	*			
Vegetables	*	*	*						
Fruit	*	*							
Milk, yogurt, cheese	*	*							
Meat, poultry, fish, dry beans, eggs	*	*							
Fats, sweets, alcohol									
Date:									
Bread, cereal, rice, pasta	*	*	*	*	*	*			
Vegetables	*	*	*						
Fruit	*	*							
Milk, yogurt, cheese	*	*							
Meat, poultry, fish, dry beans, eggs	*	*							
Fats, sweets, alcohol									

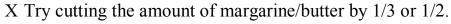
Date:										
Bread, cereal, rice, pasta	*	*	*	*	*	*				
Vegetables	*	*	*							
Fruit	*	*								
Milk, yogurt, cheese	*	*								
Meat, poultry, fish, dry beans, eggs	*	*								
Fats, sweets, alcohol										
Date:										
Bread, cereal, rice, pasta	*	*	*	*	*	*				
Vegetables	*	*	*							
Fruit	*	*								
Milk, yogurt, cheese	*	*								
Meat, poultry, fish, dry beans, eggs	*	*								
Fats, sweets, alcohol										
Date:										
	*	*	*	*	*	*		·		
Bread, cereal, rice, pasta	*	*	*	••	-,-	-,-				
Vegetables	*	*	η.							
Fruit		Ψ.	i		i				, i	
Milk, yogurt, cheese	4	ψ								
3.6 . 1. (* 1 1 1	*	*								
Meat, poultry, fish, dry beans, eggs	*	*								
Meat, poultry, fish, dry beans, eggs Fats, sweets, alcohol										
Fats, sweets, alcohol			*	*	*	*				
Fats, sweets, alcohol Date:	*	*	*	*	*	*				
Pats, sweets, alcohol Date: Bread, cereal, rice, pasta	*	*		*	*	*				
Pats, sweets, alcohol Date: Bread, cereal, rice, pasta Vegetables	*	*		*	*	*				
Fats, sweets, alcohol Date: Bread, cereal, rice, pasta Vegetables Fruit	* * *	* * *		*	*	*				

Build a Better Recipe

Look for high-calorie, high-fat foods in your recipes. Use low-calorie, low-fat foods instead.

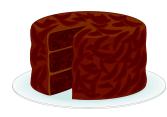
Instead of	Use
Regular ground beef or pork	Ground turkey breast (breast meat only, lean only, no
sausage	skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of
	low-fat margarine (look on the back of the cocoa box)
Pork or bacon fat to season	Small amount of trimmed pork loin chop, extra lean
foods	trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made
	without fat
Canned milk	Canned skim milk
Whole eggs	2 egg whites, egg substitute
Mayonnaise or salad	Nonfat or low-fat mayonnaise or salad dressing, plain
dressing	nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

^{*}Tip: In recipes for cakes, cookies, muffins, and quick breads:



X Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!

Keep in mind that these recipes may still be high in calories. Eat them only rarely, and take small portions.



Lower-Calorie, Lower-Fat Cookbooks

A Lowfat Lifeline for the 90's. Valerie Parker. Lafayette Publications, 52 Condolea Court, Lake Oswego, OR 97035, 1990.

All-American Low-Fat
Meals in Minutes. M.J
Smith, DCI Publishing, Inc., Minneapolis,
MN 55447-9727, 1990.

Controlling Your Fat Tooth. Joseph C. Piscatella. Workman Publishing, New York, NY 10003, 1991.

Cooking Á la Heart. Linda Hachfeld and Betsy Eykyn. Appletree Press, Inc., Mankato, Minnesota 56001, 1992.

Cooking Light Cookbook. Oxmoor House, Inc., Birmingham, AL 35201, 1992 (Published once a year.)

Down Home Healthy Cooking. National Cancer Institute, 1995.

Food for Life: The Cancer Prevention Cookbook. Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1986.

Graham Kerr's Creative Choices Cookbook. Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.

Graham Kerr's Smart Cooking. Graham Kerr. Doubleday, New York, NY, 1991.

Healthy Heart Cookbook, The. Oxmoor House, Inc., Birmingham, AL 35201, 1992.

Jane Brody's Good Food Book: Living the High-Carbohydrate Way. Jane E. Brody. Bantam Books, New York, NY, 1985.

Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining. Jane E. Brody. Bantam Books, New York, NY, 1990.

Lean and Luscious. Bobbie Hinman and Millie Synder. Prima Publishing, Rocklin, CA 95677, 1987.

Lean and Luscious Meatless. Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1992.

Light-Hearted Seafood. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1989.

Low Fat and Loving It. Ruth Spear. Warner Books, Inc., New York, NY 10103, 1991.

Low-Fat Way to Cook, The. Oxmoor House, Inc., Birmingham, AL, 1993.

Mexican Light Cooking. Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.

Month of Meals (there are several editions on the following topics: Classic Cooking, Ethnic Delights, Meals in Minutes, Old-Time Favorites, Vegetarian Pleasures). American Diabetes Association (for a free catalog, call 1-800-232-6733).

New American Diet, The. Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.

Not Just Cheesecake. Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1988.

Over 50 and Still Cooking: Recipes for Good Health and Long Life. Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc., San Leandro, CA, 1990.

Que Bueno: Five a Day Cookbook.Bonnie Jortberg, MS, RW. Colorado Department of Public Health and Environment.

Quick and Delicious Low-Fat, Low-Salt Cookbook, The. Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.

Quick and Easy Diabetic Recipes for One. Kathleen Stanley, Connie Crawley. American Diabetes Association (for a free catalog, call 1-800-232-6733).

Quick & Healthy, Volume II. Brenda J. Ponichtera. ScaleDown, The Dalles, Oregon 97058, 1994.

Quick & Healthy Recipes and Ideas.

Brenda J. Ponichtera. ScaleDown, The Dalles, Oregon 97058, 1994.

Seafood: A Collection of Heart-Healthy Recipes. Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1986.

Six Ingredients or Less: Cooking Light & **Healthy.** Carlean Johnson. C.J. Books, Gig Harbor, WA 98335, 1992.

Snack to Your Heart's Content. Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.

Southern But Lite. Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second Printing, February, 1990.

Sunset Low-Fat Cookbook. Sunset Publishing Corporation, Menlo Park, CA, 1992.

What About the Popular High-Protein, Low-Carbohydrate Diets?

Atkins, The Zone, Sugar Busters.... Many popular weight loss diets are high in protein and low in carbohydrate. Do these diets work? Review the claims below and the truth related to each one.

Note: Keep in mind that **any diet with fewer calories**

than you usually eat will result in weight loss.

But can you stick with it for the long-term?

The Claim

X People in the United States are getting fatter because we are eating too much carbohydrate.

The Truth

X People in the United States are getting fatter because we are **eating too** much and not being active enough.

The Claim

X Eating too much carbohydrate causes high levels of insulin in the blood. This leads to insulin resistance which causes weight gain.

The Truth

- X Being overweight is *linked with* insulin resistance. However, there is **no scientific evidence** that weight gain is *caused by* insulin resistance or that eating too much carbohydrate causes insulin resistance.
- X Eating too much carbohydrate will cause higher blood sugars afterwards and contribute extra calories as well. The truth is that **moderation in** *both* **carbohydrates and fats is important to lose weight successfully**.

The Claim

X You'll lose weight on the diets because they are low in carbohydrate.

The Truth

You may lose weight on the diets because they **contain fewer** *total calories* **than most people consume.** Most of the diets range from 1000-1800 calories. Also, many cause **ketosis**. In ketosis, the body breaks down fat stores, producing toxic wastes called ketones. To flush out the ketones, the kidneys pull water from the body. **It's the loss of water**, **not fat, that results in quick weight loss**.

The Claim

X The diets will improve your health.

The Truth

X There have been **no scientific studies on the health effects of these diets**. Concerns have been raised about losing too much water and that the diets may increase the risk of heart disease and certain cancers due to the high-fat foods.

The Claim

X The diets have been proven to work.

The Truth

X People say they lose weight but no scientific studies have been published on these diets.

The fact is, many overweight adults *do* eat too many calories from carbohydrate-rich foods when they cut back on fat.

The key to healthy weight loss is to **cut back on** *total calorie intake*, **get more exercise**, **and choose carbohydrates** (whole grains, fruits, and vegetables) **that are high in fiber and nutrients**.



Keep Track

- X Keep track of your weight, calories, fat grams, and minutes you are active.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.
- X Wear your pedometer. Keep track of your steps every day.

Be Active

- X Walk (or do something like walking) for at least 100 minutes per week.
 - We suggest you spread this over 5 days for 20 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned so far.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = ____ steps/day

Make a plan for how active you will be next week:

	What I will do When	Minutes			
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total minutes for the week (100 or more):					

Do your best to follow the Food Guide Pyramid.



Answer these questions before our next meeting:

Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?							
What problems did you have? Did you solve them? If so, how?							

Bring your completed Keeping Track, graphs, and notebook to every session.



Session 12:

Four Keys to Healthy Eating Out

Many people find it difficult to eat fewer calories and less fat when eating out. ("Eating out" includes buying take-out food and eating it at home.)

There are four basic keys to healthy eating out.

4		•	•
	Plan	α has	~
1.	Plan	alita	ıu.

Call ahead to ask about low-calorie, low-fat choices.
Be careful where you eat out. Go somewhere that offers low-calorie, low-fat choices.
Eat fewer calories and less fat during other meals that day.
Eat a little something before you go out. Or drink a large glass of water.
Plan what to order without looking at the menu.
Don't drink alcohol before eating.
For parties or dinner parties: Bring something from home to share with others.
Carry a snack with you in case the meal is not served right away.

2. Ask for what you want. Be nice but firm.

Ask for the foods you want:

Ask 1	for low	-calorie,	low-fat	foods.	

- \Box Ask if foods can be cooked in a different way.
- ☐ Don't be afraid to ask for foods that aren't on the menu.



Ask for the amounts you want:

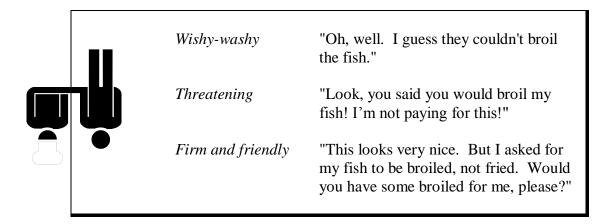
	Ask	how	large	the	portions	are.
--	-----	-----	-------	-----	----------	------

- ☐ Order salad dressing, gravy, sauces, or spreads "on the side."
- ☐ Ask for less cheese or no cheese.
- ☐ Split a main dish or dessert with someone.
- ☐ Order a small size (appetizer, senior citizen's, children's size).
- ☐ Before or after the meal, have what you don't want to eat put in a container to take home.
- ☐ Keep in mind that most restaurant serving sizes are larger than what we would suggest you eat.



Many people find it hard at first to ask a waiter or waitress for something special. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy diet.
- Begin with "I", not "You." For example, "I would like the fish broiled with lemon juice instead of butter" instead of "You don't have low-fat fish on the menu."
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.



3. Work with what's around you.

- Be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be taken away as soon as you finish.

4. Be careful about the foods you choose.

Watch out for these high-calorie, high-fat words on menus:

- Au gratin
- Breaded
- Buttered or buttery
- Fried, deep fried, French fried, batter fried, pan fried
- Gravy
- Scalloped
- Seasoned
- Southern style

- Cheese Sauce
- Creamed. Creamy, in cream sauce
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped

Look for these low-calorie, low-fat words, instead:

- Baked
- Broiled
- Boiled
- Grilled

- Poached
- Roasted
- Steamed
- Stir-fried
- Watch out for sauces. For example, grilled foods are often brushed with melted butter. Ask for no sauce or for sauces to be served on the side.
- Think about what you really *need* to eat.
- Trim visible fat off meat.
- Take skin off chicken.

What's on the menu?

You can make lower-calorie choices, no matter what kind of restaurant you go to. Be sure to ask the waiter how the food is cooked and served. Note: Most restaurants serve a tossed salad--a low-calorie choice if topped with lemon juice, vinegar, or a low-fat dressing.



GO with lower-calorie choices	CAUTION with high-calorie choices
Pizza	
Plain cheese pizza (ask for half the	Meat toppings (sausage/pepperoni)
cheese or low-fat cheese)	• Olives
• Onions, green peppers, mushrooms	
Burger Place (fast food)	Regular hamburger, cheeseburger
• Grilled, broiled, or roasted chicken,	French fries
without sauce	Fried fish or chicken
Broiled, extra lean burger	Mayonnaise-based sauces
Mexican	Enchiladas
Heated (not fried) tortillas	Chili con queso
Grilled chicken or beef fajitas	Fried tortillas, tortilla chips
• Soft tacos (corn or flour tortillas)	Sour cream, guacamole
• Salsa	Crisp tacos
Chinese and Japanese	Egg foo yung
Stir-fried chicken	Fried chicken, beef, or fish
Stir-fried vegetables	Fried rice or noodles
Steamed rice	Egg rolls
Soup	Fried won ton
Teriyaki	Tempura
Italian	Sausage
Spaghetti with meatless tomato sauce	Lasagna, manicotti, other pasta dishes with
Minestrone soup	cheese or cream
	Fried or breaded dishes (like veal or eggplant
	Parmesan)
Seafood	Fried fish
Broiled, baked, or boiled seafood	Fried vegetables
with lemon	• French fries
Plain baked potato	
Steakhouses	Steak (except trimmed lean cuts)
Shrimp cocktail	Fried fish or chicken
Broiled chicken or fish	Onion rings, other fried vegetables
Plain baked potato	• French fries

When your meal is delayed

- If you take a diabetes medicine that can cause low blood sugar, you may need to do the following:
- Wait until just before the meal to take your insulin or diabetes pills.
- Or, if you've already taken your diabetes medicine, eat a snack of 15 grams of carbohydrate to help prevent low blood sugar. Here are some examples that are easy to carry with you or that you can ask for at a restaurant while you wait for your meal:
 - X 1 slice of bread
 - X Or 6 saltine crackers
- X Or special tablets or gel made of glucose
 - (a form of sugar)—check the label
- X Or 1 cup milk
- X If you don't take a diabetes medicine, it may still be wise to bring a snack so you don't become too hungry and overeat.

If you drink alcohol

- Alcohol may interact with medications you are taking.
- Don't drink alcohol on an empty stomach. It can cause low blood sugar.
- Be sure to wear your diabetes ID bracelet. If your blood sugar drops low enough, you may pass out or have a seizure. People may think you have passed out due to drinking if they smell alcohol on your breath. So they may delay seeking treatment. It's critical that others are aware of your diabetes and call for emergency help right away.
- Don't forget that alcohol is high in calories.
- Sip slowly.
- Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.



If you overeat

- Keep in mind that when you overeat (eat more calories than you should for that meal), it results in excess calories and usually higher blood sugars.
- Taking a walk after dinner is an option.

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ie (of the four keys to healthy eating out. Make an action pla
	Problems can be solved.
	I will:
	When?
	I will do this first:
	Roadblocks that might come up: I will handle them by
	I will do this to make my success more likely:
	How can we help you?
	My reward will be:



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 100 minutes per week. We suggest you spread this over 5 days for 20 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned so far.
- X Add 250 steps per day to your average steps per day.

 Goal for next week =

 Average steps/day last week _____ + 250 = ____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total minutes for the week (100 minutes or more):				

F	ollow your action plan related to eating out.	
В	efore the next meeting, answer these questions:	Action
X	Did you follow your action plan?	Plan
	Yes No Almost	
X	What problems did you have?	
X	What could you change next week?	
ion.	our completed Keeping Track, graphs, and notebook to Also complete the How Am I Doing? page in Session 1	
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ion.	Also complete the How Am I Doing? page in Session 1 ion 13: How Are You Doing? Before the next one-on-one session,	Keeping Track

Questions to asi	uestions to ask my Counselor:			



To do next week:

Do your best to reach the goal you set.

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- X Increase your activity to at least 125 minutes per week.
 We suggest you spread this over 5 days for 25 minutes each day.
 This will be your new activity goal for the next four weeks.
- X During structured activity, stay within your **target heart rate zone.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = ____ steps/day

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total m			

Bring your completed Keeping Track, graphs, and notebook to every session.

Session 14: Talk Back to Negative Thoughts

At times, we all have had negative thoughts about our eating and exercise behaviors.

Negative thoughts can lead you to eat more and not be active. A vicious cycle of self-defeat can result.

Look at the thoughts below:

Thought: "I'm tired of working so hard. I'm sick of being in

Look AHEAD. I can never eat what I want."

I'm going to talk back to that negative thought.

Result: You eat potato chips.

Thought: "I did it again. I'll never lose weight."

Result: You feel bad and eat more.

Examples	Some comm	on negative ways of thinking:
"Look at what I did. I ate that piece of cake. I'll never be able	Good or	Divide the world into: X Good or bad foods;
to do well in Look AHEAD."	Bad	X Seeing yourself as a
		success or
		failure;
		X Being on or off the
		program.
"I don't have the willpower."	Excuses	Blame something or someone else for
"I have to buy these cookies just		our problems.
in case friends drop in."		We don't mean to go off the program,
		but we "can't help it."
"I should have eaten less of that	Should	Expect to be perfect.
dessert."		A set-up for disappointment.
		Leads to anger and resentment.
"Mary lost two pounds this	Not As	Compare ourselves to someone else.
week, and I only lost one."	Good As	Blame ourselves for not being good
		enough.
"This program is too hard. I	Give Up	Defeat ourselves.
might as well forget it."	•	Often follows the other kinds of
		negative thoughts.

Negative thoughts are often a result of setting **goals that are out of reach.** We may not even be aware of these goals. Still, we may be hard on ourselves when we don't reach them.

Example A You expect to lose at least 1 pound *every* week.

One week you lose only ½ pound.

At the Look AHEAD group meeting, you feel very disappointed.

You think, "I'll never succeed at this program. I might as well give up."

You go home and start eating cookies.

Don't let negative thoughts get the better of you. *Talk back to them*

How to talk back to a negative thought

- 1. Catch yourself. Think, "I'm doing it to myself." Uncover the negative thought and the goal that's out of reach.
- 2. Think about shouting, "STOP!" to yourself.
 Picture a huge, red stop sign.
- 3. Talk back with a **positive thought** that relates to a **goal you** *can* **reach**.

Example B You feel guilty about eating a candy bar after lunch.

The negative thought: "I'm a failure."

The goal that's out of reach: To be perfect as you follow your eating plan. STOP!

Talk back with a positive thought and a goal you *can* reach:

"One candy bar isn't enough to ruin the entire day.

I can cut back on something at dinner.

My goal is to follow my eating plan most of the time."

How would you talk back to the negative thought in Example A above?

Here are some more examples:

Negative thought:	Some positive ways of thinking related to realistic goals.
Good or Bad	Work toward Balance
X "I can never eat dessert again." X "Look at what I did. I didn't walk today. I'll never get in shape."	 X "I can eat that dessert and then cut back on something else." X "One slip-up isn't the end of the world. I can get back on track."
Excuses	It's Worth a Try
X "It's too cold to take a walk."	X "I can try going for a walk and stop if it gets too cold."
X "I don't have the willpower."	X "It's hard to change old habits, but I'll give it a try and see how it works."
Should	It's My Choice
X "I should have eaten less dessert." X "I have to write down the minutes I'm active and steps."	 X "It was my choice. Next time I can decide not to eat so much." X "I'm writing down my minutes and steps because it helps me walk more."
Not As Good As	Everyone's Different
X "Mary lost two pounds this week, and I only lost one."	X "It's not a race. Mary and I can lose weight at different rates and both succeed."
Give Up	One Step at a Time
X "This program is too hard. I might as well forget it."	X "I've learned something about what's hard for me."
X "I'll never get it right."	X "I'll try something different next time."

Practice:

- 1. In the chart below, write examples of negative thoughts you've had about your eating or exercise. Can you uncover the goals that are out of reach?
- 2. Say each thought out loud, then say, "Stop!"
- 3. Talk back, again out loud, with a positive thought related to a goal you *can* reach. Write it down.



Negative thought and goal that's out of reach	STOP!	Positive thought related to a goal you <i>can</i> reach
	STOP	



Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 125 minutes per week. We suggest you spread this over 5 days for 25 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = ____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

Practice talking back to negative thoughts.

- X Catch yourself thinking negative thoughts.
- X Write them in your Keeping Track book.



X Practice stopping them and talking back with positive thoughts related to goals you can reach.

Before the next meeting, answer these questions:

- X Did you practice talking back to negative thoughts? ___ Yes ___ No
- X What problems did you have?
- X What could you change for next week?

Bring your completed Keeping Track, graphs, and notebook to every session.

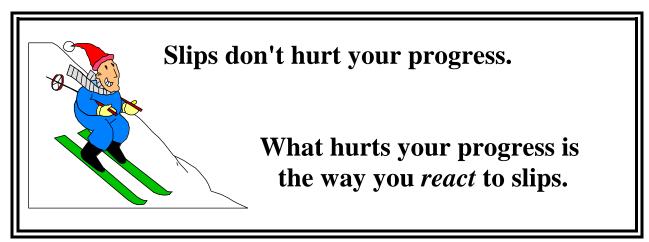


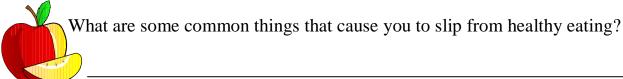
Session 15:

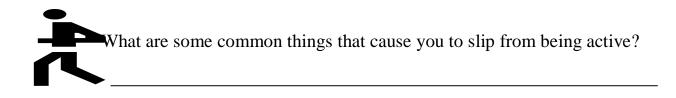
The Slippery Slope of Lifestyle Change

"Slips" are:

- X Times when you don't follow your plans for healthy eating or being active.
- X A **normal** part of lifestyle change.
- X To be expected.







What causes you to slip is learned. It is a **habit.** The way you react to slips is also a habit.

You can learn a new way to react to slips to get back on your feet again.

What to do after a slip:

First, remember two things:

 \square Slips are normal and to be expected.

99.99% of all people on their way to losing weight and being more active have slips.

□ No one time of eating too much or not being active, no matter how extreme, will ruin everything.

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip:

1. Talk back to negative thoughts with positive thoughts.

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."



Learn from the slip. Can you avoid it in the future? Manage it better?

3. Regain control the very next time you can.

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. Talk to someone supportive.

Call your Individual Counselor or a friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.



5. Focus on all the positive changes you've made.

You are making life-long changes. Slips are just one part of the process.



Slips from healthy eating:

escribe	e something that commonly causes you to slip from healthy eating:
How car	you avoid this slip in the future?
Make a	realistic plan for how to get back on your feet the next time you slip: Problems can be solved.
	I will: When? I will do this first:
	Roadblocks that might come up: I will handle them by:
	How can we help you?



Example Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

When I'm under pressure from deadlines at work, I buy pastries at the coffee shop next door.

How can you avoid this slip in the future?

I can bring fruit to work for a snack and take a quick walk to work off stress.

Make a realistic plan for how to get back on your feet the next time you slip:

Problems can be solved.

I will: Bring fruit to work

When? The day after I slip

I will do this first: Buy fruit that I like (pears, apples)

Roadblocks that might come up: I will handle them by:

Forget to pack it Keep lunch bag on counter Run out of fruit Buy single serving canned

fruit salad and keep in desk at work with spoons

I will do this to make my success more likely:

Self-monitor snacks at work

How can we help you?

Review my self-monitoring records



Slips from being active:

Describe something that commonly causes you to slip from being active:

		your feet the next time you
_	Problems	
	can be solved.	
I will:		
When?		
I Will do this	Iirst:	
Roadblocks	that might come up:	I will handle them by:
		-
I will do this	to make my success i	nore likely:
1 Will Go tills	to make my success i	nore interj.



Example Slips from being active:

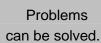
Describe something that commonly causes you to slip from being active:

I get home from work, and I watch TV instead of walking like I planned.

How can you avoid this slip in the future?

Keep my walking shoes on the mat right inside the front door. Stay away from the TV room until after I walk.

Make a realistic plan for how to get back on your feet the next time you slip:



I will: Keep a self-monitoring card of my walks after work.

When? Starting next week

I will do this first: *Put a pen and index card on the table by the front door.*

Roadblocks that might come up: I will handle them by:

I get home late from work

Ask husband ahead of time to start cooking dinner if
I'm late. Plan a simple

meal he can prepare.

I will do this to make my success more likely:

Buy a magazine for myself if I walk three times next week.

How can we help you?

Help me stay positive when I miss a walk I'd planned.



To do next week:



Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
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Be Active

- X Walk (or do something like walking) for at least 125 minutes per week. We suggest you spread this over 5 days for 25 minutes each day.
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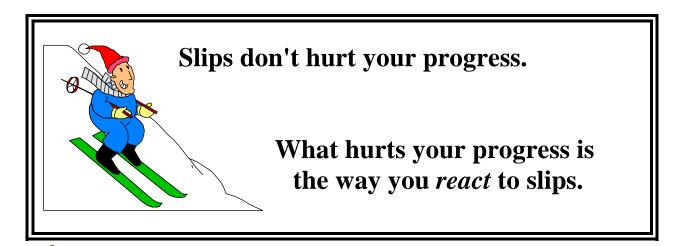
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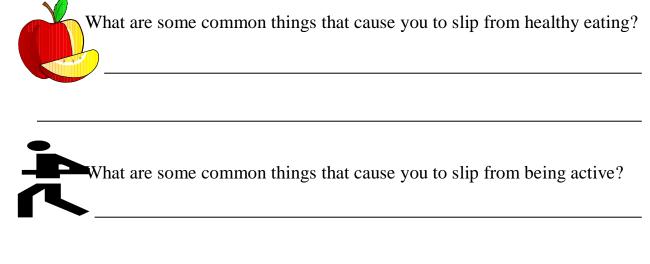
 Average steps/day last week _____ + 250 = ____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Tot	tal minutes for the week (125	5 minutes or more):	

Do your best to follow your action plans for handli	ng slips.				
	Action Plan				
Before the next meeting, answer these questions:					
X What caused the slip?					
X Did you follow your plans? Yes No _	Almost				
X What problems did you have?					
X What could you change next week?					
Bring your completed Keeping Track, graphs, and noteb	ook to every session.				
Session 15: The Slippery Slope of Lifest					
"Slips" are:	Keeping Track				
X Times when you don't follow your plans for healthX A normal part of lifestyle change.	ctive.				
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Slips from healthy eating:

Describ	be something that commonly causes you to slip from healthy eating:
How ca	n you avoid this slip in the future?
Make a	realistic plan for how to get back on your feet the next time you slip: Problems can be solved.
	I will: When? I will do this first: Roadblocks that might come up: I will handle them by:
	I will do this to make my success more likely: How can we help you?



Example Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

When I'm under pressure from deadlines at work, I buy pastries at the coffee shop next door.

How can you avoid this slip in the future?

I can bring fruit to work for a snack and take a quick walk to work off stress.

Make a realistic plan for how to get back on your feet the next time you slip:

Problems can be solved.

I will: Bring fruit to work

When? The day after I slip

I will do this first: Buy fruit that I like (pears, apples)

Roadblocks that might come up: I will handle them by:

Forget to pack it Keep lunch bag on counter Run out of fruit Buy single serving canned

fruit salad and keep in desk at work with spoons

I will do this to make my success more likely:

Self-monitor snacks at work

How can we help you?

Review my self-monitoring records



Slips from being active:

Describe something that commonly causes you to slip from being active:

	Problems	
	can be solved.	
I will: —		
When?		
i will do ti	iis iiist. ————	
Roadblock	s that might come up:	I will handle them by:
I will do th	is to make my success i	nore likely:
	J	•



Example Slips from being active:

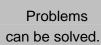
Describe something that commonly causes you to slip from being active:

I get home from work, and I watch TV instead of walking like I planned.

How can you avoid this slip in the future?

Keep my walking shoes on the mat right inside the front door. Stay away from the TV room until after I walk.

Make a realistic plan for how to get back on your feet the next time you slip:



I will: Keep a self-monitoring card of my walks after work.

When? Starting next week

I will do this first: *Put a pen and index card on the table by the front door.*

Roadblocks that might come up: I will handle them by:

I get home late from work

Ask husband ahead of time to start cooking dinner if
I'm late. Plan a simple

meal he can prepare.

I will do this to make my success more likely:

Buy a magazine for myself if I walk three times next week.

How can we help you?

Help me stay positive when I miss a walk I'd planned.



To do next week:



Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 125 minutes per week. We suggest you spread this over 5 days for 25 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.

 Goal for next week =

 Average steps/day last week _____ + 250 = ____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

Do your best to follow your action plans for handling slips.



Before the next meeting, answer these questions:

- X What caused the slip?
- X Did you follow your plans? ____ Yes ___ No ___ Almost
- X What problems did you have?
- X What could you change next week?

Bring your completed Keeping Track, graphs, and notebook to every session.



What kind of eater are you?

Read below to see which one seems the most like you.

- 1. I try to eat less, but I end up eating too much (more than my calorie and fat gram goals). Sometimes I skip meals. Sometimes I eat very few foods for breakfast and lunch. Then I eat too much later in the day. When I eat too much, it is often because I'm feeling good or bad about something. When I don't follow my plans for eating, I get frustrated and give up altogether. Then I overeat.
- 2. I try to eat less, and most of the time I can. I have a plan for eating less. If I eat more than I'd planned to at lunch, I'll eat less at dinner. I don't usually eat more than my calorie and fat gram goals in response to stress or emotions.
- 3. I eat too much (more than my calorie and fat gram goals) and don't try to eat less. I have tried to lose weight many times before but have failed. I have felt deprived or very stressed when I have tried to eat less. I don't want to try again.



For many people, overeating and being inactive often relate to how they feel.

You may be in the habit of overeating and being inactive as a way to:

- X Celebrate holidays, special events, and accomplishments
- X Reward yourself for working hard
- X **Comfort yourself** when you feel bored, angry, depressed, anxious, frustrated, guilty, or sad

X	Relieve stress	(this includes the stress of trying to reach the Look AF	HEAD
11	goals)	(unit includes the success of trying to reach the 2001) in	12, 12

less a	ribe a recent time when you ate more food or were ctive than usual.
Wher	e were you? What was the time of day?
How	were you feeling?
What	was your attitude about control of eating and activity
Durin	ng this time, how did you feel?
How	did you feel later?

Emotions, overeating and being inactive are often part of a vicious cycle. You have **good intentions** to lose weight and be more active. X **Stress** gets in the way. For instance: ☐ Family or marital problems X Illness or surgery ☐ Death of a loved one X Trying to reach your Look ☐ Job problems (including AHEAD goals, especially if you use loss of a job or a new job) rigid weight loss strategies such as □ Moving these: \Box Change in family status X You expect to be perfect. (such as marriage, divorce, X You avoid certain foods. birth, children moved away) X You eat too little food.

- You **overeat or are less active** as a way to ease the stress for a little while.
- You have **negative thoughts and feelings**, such as thinking, "I'm a failure," or feeling guilty.
- You give up. Then you really overeat or stop being active.

☐ A holiday, special event or

celebration

Emotional eating and inactivity can get in the way of your Look AHEAD goals. But **never give up**.

The Look AHEAD approach is to focus on long-term results. Habits can be changed over time.

You can learn to respond to your feelings in different ways.

X You exercise only after you eat

X You skip meals after you eat too

too much.

much.

Negative thoughts often lead to bad feelings that in turn lead to eating too much and not being active.

We've discussed the kinds of negative thoughts below. What emotions might follow them?

Some common				
Examples	nega	ative ways of thinking:	Emotions	
"Look at what I did. I	Good or	Divide the world into:		
ate that piece of cake.	Bad	X Good or bad foods;		
I'll never be able to		X Seeing yourself as a success		
succeed in Look		or failure;		
AHEAD."		X Being on or off the program.		
"I don't have the	Excuses	X Blame something or someone		
willpower to get up in		else for our problems.		
the morning and walk."		X We don't mean to go off the		
"I have to sit down after		program, but we "can't help		
dinner. I work hard all		it."		
day, get dinner for the				
family, and then I				
deserve a break."				
"I should have eaten less	Should	X Expect perfection.		
of that dessert."				
"Mary lost two pounds	Not As	X Compare ourselves to		
this week, and I only lost	Good As	someone else.		
one."		X Blame ourselves for not		
		measuring up.		
"Exercising regularly is	Give Up	X Defeat ourselves.		
just too hard. I might as		X We think one mistake means		
well forget it."		we can never succeed.		
"I haven't walked for		X Often follow the other kinds		
two weeks. It's		of negative thoughts.		
hopeless."				

The emotions that most often trigger eating too much and not being active are **anxiety** and **frustration.**

One way to avoid anxiety and frustration related to your weight loss efforts is to **practice the tips below.**



Flexible Weight Loss Strategies

X Don't let yourself get too hungry.

Plan three meals and two or three snacks in advance, no more than 3 or 4 hours apart.

Do not skip meals and snacks.

X Eat moderate amounts of food.

Stay at your Look AHEAD goals for calories and fat grams.

X If you overeat, get back on your meal plan.

Don't punish yourself by eating too little at the next meal or snack.



Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, and steps.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.
- X Keep track of your feelings and moods when you eat meals or snacks. Use the symbols below:
 - X A plus (+) sign in a circle if you were feeling a positive emotion
 - X A minus (-) sign in a circle if you were feeling a negative emotion

Feel free to write any comments you'd like to add about your feelings or the situation.

For example:

Time	Food: Amount and Description	Calories	Other (Fat)
11:30 pm	2 cups chocolate-almond ice cream	712	48
	Lonely and tired, (-) out of control, just talked to Mom on phone		

Be Active

- X Walk (or do something like walking) for at least 125 minutes per week. We suggest you spread this over 5 days for 25 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total minutes for the week	(at least 125 minutes):	

Bring your completed Keeping Track, graphs, and notebook to the next session. Also complete the How Am I Doing? page in Session 17.

Keeping Track

What kind of eater are you?

Read below to see which one seems the most like you.

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- X Reward yourself for working hard
- X **Comfort yourself** when you feel bored, angry, depressed, anxious, frustrated, guilty, or sad

X	Relieve stress	(this includes the stress of trying to reach the Look AHEAD
	goals)	

less a	ribe a recent time when you ate more food or were active than usual.
When	re were you? What was the time of day?
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What	was your attitude about control of eating and activity
Durir	ng this time, how did you feel?
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ate that piece of cake.	Bad	X Good or bad foods;				
I'll never be able to		X Seeing yourself as a success				
succeed in Look		or failure;				
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"I don't have the	Excuses	X Blame something or someone				
willpower to get up in		else for our problems.				
the morning and walk."		X We don't mean to go off the				
"I have to sit down after		program, but we "can't help				
dinner. I work hard all		it."				
day, get dinner for the						
family, and then I						
deserve a break."						
"I should have eaten less	Should	X Expect perfection.				
of that dessert."						
"Mary lost two pounds	Not As	X Compare ourselves to				
this week, and I only lost	Good As	someone else.				
one."		X Blame ourselves for not				
		measuring up.				
"Exercising regularly is	Give Up	X Defeat ourselves.				
just too hard. I might as		X We think one mistake means				
well forget it."		we can never succeed.				
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two weeks. It's		of negative thoughts.				
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Stay at your Look AHEAD goals for calories and fat grams.

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Don't punish yourself by eating too little at the next meal or snack.



Keep Track

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- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.
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For example:

Time	Food: Amount and Description	Calories	Other (Fat)	
11:30 pm	11:30 pm 2 cups chocolate-almond ice cream		48	
	Lonely and tired, (-) out of control, just talked to Mom on phone			

Be Active

- X Walk (or do something like walking) for at least 125 minutes per week. We suggest you spread this over 5 days for 25 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day

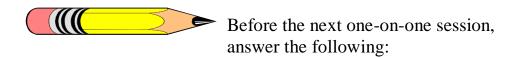
Make a **plan for how active you will be** next week:

	What I will do	When	Minutes				
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
	Total minutes for the week (at least 125 minutes):						

Bring your completed Keeping Track, graphs, and notebook to the next session. Also complete the How Am I Doing? page in Session 17.

Keeping Track

Session 17: How Are You Doing?



1 ICC	feel my progress since the last one-on-one session has been:				
Ques	stions to ask my Counselor:				



To do next week:

Do your best to reach the goal you set.

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- X Increase your activity to at least 150 minutes per week.
 We suggest you spread this over 5 days for 30 minutes each day.
 This will be your new activity goal for the next four weeks.
- X During structured activity, stay within your **target heart rate zone.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = ____ steps/day

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total mi	nutes for the week (150 m	inutes or more):	

Bring your completed Keeping Track, graphs, and notebook to every session.

Supplement to Session 18: Happy Thanksgiving!



Thanksgiving doesn't have to be a nutrition disaster.

What are some healthier alternatives to the traditional menu items on the left? Write your ideas in the right-hand column.

(Note: Keep in mind that cider, a common item on Thanksgiving menus, can greatly increase your blood sugar.)

Traditional		Fat	Healthy		Fat
Menu	Calories	(grams)	Changes	Calories	(grams0

Fresh raw vegetables (½ cup)	50	0	
Vegetable dip (2 Tablespoons)	60	4	
Dark turkey (5 ounces)	262	10	
Gravy (1/2 cup)	58	4	
Stuffing (1 cup)	340	18	
Cranberry sauce (1/4 cup)	90	0	
Potatoes, mashed with butter and whole milk (1/2 cup)	130	6	
Vegetable casserole (3/4 cup)	135	7.5	
Dinner roll with butter	100	6	
Sweet potatoes, candied with brown sugar and butter (1/2 cup)	164	3.4	
Pumpkin pie with whipped cream	350	20	
Traditional total:	1739	<i>79</i>	
This meal is 41% fat.			

Supplement to Session 18: Happy Thanksgiving!



Here are some simple suggestions for making your traditional dinner healthier.

Traditional		Fat	Healthy		Fat
Menu	Calories	rai (grams)	Changes	Calories	rai (grams0
Fresh raw vegetables (½ cup)	50	0	No change	50	0
Vegetable dip (2 Tablespoons)	60	4	Made with low-fat sour cream	35	2
Dark turkey (5 ounces)	262	10	White turkey (3 ounces)	129	3
Gravy (1/2 cup)	58	4	Use only ¼ cup	29	2
Stuffing (1 cup)	340	18	½ cup serving	170	9
Cranberry sauce (1/4 cup)	90	0	No change	90	0
Potatoes, mashed with butter and whole milk (1/2 cup)	130	6	Mashed with non- fat sour cream	82	0
Vegetable casserole (3/4 cup)	135	7.5	Steamed vegetables (1/2 cup)	25	0
Dinner roll with butter	100	6	Don't add butter	60	2
Sweet potatoes, candied with brown sugar and butter (1/2 cup)	164	3.4	Mashed with sugar-free syrup (no butter)	56	0
Pumpkin pie with whipped cream	350	20	No whipped cream	320	17
Traditional total:	1739	<i>79</i>	Healthier Total:	1126	35
T	his meal is	41% fat.		This meal i	s 28% fat.

You save 643 calories and 44 grams of fat by making these small changes!

Supplement to Session 18:



TIPS FOR A **HEALTHY THANKSGIVING**



Try skim milk, reduced-calorie margarine, fat-free sour cream and reduced-fat cheese.



There are so many good foods! Take smaller portions (1/2 cup or less) of several different things! (This will help control your blood sugar level after the meal, too.)



Pick Your Favorites

You don't have to eat everything that is served. Pick the foods that are special and skip foods you eat all the time (like dinner rolls)!



Take a Walk Before or After Dinner!

Invite your friends and family to walk with you. Walking briskly will burn off extra calories. (This will help control your blood sugar level after the meal, too.)

Supplement to Session 18: Happy Halloween!

To avoid temptation, you may want to give out some of these Halloween treats instead of candy:

- X Pens or markers
- X Stickers
- X Money (change)
- X Gum
- X Inexpensive toys
- X Erasers
- X Gift certificates to restaurants
- X Pads, post-its
- X Decorative pencils
- X Trading cards (baseball, etc.)
- X Balloons
- X Popcorn or pretzels (mini-bags)
- X Sugar-free lifesavers
- X Candy that you don't like!



Supplement to Session 18: Tips for Picnics

Many summer parties include a picnic. There's Memorial Day, the Fourth of July, Labor Day, the staff picnic, and the trip to the amusement park. Here are some tips for keeping your goals.

- X Before you go to the picnic, eat something low-calorie (e.g., fruit, low-calorie yogurt). Don't arrive starving.
- X Offer to bring a dish that is low in calories.
- X Be last in line at the buffet. You'll be less likely to go back for seconds.
- X Stay away from potato chips, dip, and nuts. Save your calories and fat grams for foods you rarely get a chance to eat.
- X Try to choose just one favorite. Take a moderate amount.
- X Watch out for potato salad, macaroni salad, and coleslaw. Mayonnaise adds a lot of calories and fat grams.
- X Healthy choices at a picnic include fresh vegetables, fruit, and baked beans.
- X Drink alcoholic beverages only with your meal or after you have eaten. Alcohol lowers your blood sugar and your willpower. It can also increase hunger.
- X Drink light beer instead of regular beer.
- X Alternate between drinking an alcoholic and a non-alcoholic beverage (e.g., water, diet soda).
- X Try to talk to people who aren't eating and who aren't standing by the food table.
- X Do something active instead of eating. Join a softball or volleyball game, throw a Frisbee, or play tag with the kids.

If you're the host or hostess:

- X Offer low-calorie choices (e.g., vegetable tray, fruit platter, and fat-free hot dogs).
- X Cut back on calories and fat as much as you can. For example, use light cream cheese and reduced-calorie mayonnaise or sour cream in recipes.
- X Send your guests away with any leftovers that are too tempting to keep around.

Don't forget:	If you do eat too much, get back on track at the very next meal.

Supplement to Session 18: Handling Buffets and Receptions

Imagine that you are at a buffet-style party. There are many low- and high-calorie foods to choose from. Everyone is standing, mostly near the table of food and drinks.

- 1. Set a reasonable calorie and fat gram goal for this meal for yourself. Explain why you chose it.
- 2. Practice standing at a distance from the buffet table.
- 3. Practice "buffet tips." Examples: Survey the scene.
 Decide how to approach it. Use the smaller plate.
 Fill up with lower-calorie items first. Eat the best and leave the rest.
- 4. Practice eating slowly and "mindfully," tasting and enjoying each item.
- 5. Focus on non-food aspects (such as background music, conversation).
- 6. Role play ordering a low-calorie drink from a bartender.
- 7. Practice "nursing" a drink.
- 8. State some negative thoughts you have at buffets/receptions. Examples: "My plate is empty. This is a dumb party. I wish I had more food." Practice talking back.
- 9. Role play responding to a waiter who brings a tray of high-calorie appetizers. Role play talking to a friend nearby who insists you have some.

Supplement to Session 18: Handling Weekends

Do you find it hard to eat less and stay active on weekends? Here are some tips:

X Plan ahead.

A lack of structure can make weekends a challenge.

Instead, plan what you will eat and when.

Plan how you will be active and when.

Include a back-up plan.

For instance, what if you're too busy shopping to get home for lunch? Plan some healthy choices you could make at a fast food restaurant. Or pack a healthy lunch.

What if your friends ask you to eat out on Saturday night? Plan to eat half and bring the rest home in a doggie bag.

X Plan pleasures other than food or drink.

Many of us use the weekend to do chores and errands. But try not to expect too much of yourself.

Plan daily times to relax, too.

Think about how you can make being active a fun part of the weekend.

X Don't skip meals.

It may be tempting to sleep late and skip breakfast on weekends. Or you may be so busy running errands that you skip lunch. But skipping meals can lead you to eat too much later in the day.

It will also cause low blood sugars.

Instead, plan quick meals and snacks.

For instance, drink some low-fat milk and have a piece of fruit and toast when you get up.

Pack an apple or some low-fat

crackers before you leave home to run errands. You'll have them on hand if you can't eat lunch on time.

Session 18: Handling Holidays, Vacations, and Special Events



Many people find it hard to eat less and stay active during holidays, vacations, and special events.

Here are some tips:

Ways to Handle the Holidays, Vacations, and Special Events

1. Plan pleasures other than food or drink.

- X Plan the kind of holiday, vacation, or special event that you want.
- X Think about what you might like to do to stay active. Can you make that a part of your holiday, vacation, or special event?

2. Hold a family meeting ahead of time.

- X What did we like or dislike about our last holiday, vacation, or special event? What will we do this time?
- X How will we handle food and eating out?
- X Can we find a fun way to all be physically active this year?
- X Get the family to agree not to nag you about your eating or activity.
- X Talk about ways your family can help.

3. Have reasonable expectations.

- X Keep track of your eating and how active you are.
- X Weigh yourself often. But don't forget, scales differ.
- X Plan to *maintain* your weight.
- X Let go a little. Eat something special. (Choose the best. Have a small portion.)
- X Be a little more active.

4. If you tend to be tense during holidays, vacations, or special events:

- X Avoid long periods when you're doing what others want and not what you want.
- X Plan daily times to relax.
- X Plan breaks often while driving long distances.

5. Decide what you want to do about alcohol.

Drinking may lower self-control.

If you drink, be aware of the calories and the effect on blood sugar.

6. Build in ways to be active.

Park further away and walk when doing holiday errands or sight-seeing.

Look for seasonal ways to be active that can become traditions.

- 7. Prepare for friends or family you haven't seen in a while.
- 8. Plan for pleasures after holidays, vacations, or special events.

Despite the challenges, healthy eating and being active *are* possible during holidays, vacations, and special events. The key is to plan ahead.

Think about a holiday, vacation, or special event that is in the near future.

1. What problems might come up?	
2. Choose one problem. List some	ways to handle it.
3. Choose the best solution. What How will you handle things that	will you need to do to make that happen? might get in the way?
1t's Vacation Time!	Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?

It's common to neglect healthy eating and being active during holidays, a vacation, or a special event. One reason is too much to do in too little time. To help manage your time, take a minute to reflect on your priorities. 1. Pretend is 10 years from now. You are thinking about how you spent holidays, vacations, or special events during those ten years. What would your most cherished memories be? What were the most meaningful and enjoyable? (There are no right answers. What means the most to you may be different for someone else.) 2. List some other activities and traditions that are not so meaningful or enjoyable. (For example, you may send holiday cards every year but not find much meaning or enjoyment in doing so.) 3. How important is staying healthy and managing your diabetes well in terms of being able to enjoy your future holidays, vacations, and special events?

When I get busy during holidays, vacation	ons, or special events,
I tend to neglect the following behaviors	s:
☐ Keeping track of what I eat	☐ Changing problem cues (food,
☐ Keeping track of my activity	social, or activity cues)
☐ Doing physical activity	☐ Adding helpful cues (food, social,
☐ Cooking low-calorie and low-fat	or activity cues)
foods	☐ Problem solving what gets in the
☐ Planning ahead for when I eat out	way of my healthy lifestyle goals
☐ Talking back to negative thoughts	☐ Other (specify
Turking back to negative thoughts	- other (speerly
Some possible ways to make time to do	the above things:
•	-
1. Cut back on these activities/tradition	ons that are less important to me:
2. Streamline healthy eating/physical	activity by
2. Streamme hearthy eating/physical	activity by.
Choose the best solution:	
What might get in the way?	I will handle this by:
I will do this to make my success more l	likelv:
1 do this to make my success more	
Did it work? If not, what went wrong?	



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, and steps.
- X Stay under your **calorie and fat gram goals** by using the **meal replacements and meal plan.** Keep in mind that in a few weeks, Look AHEAD will provide only one meal replacement per week. We'll give you more details later.

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Be	Λ.	OT:	T7A
DC		L.L	IVC

X Walk (or do something like walking) for at least 150 minutes per week.

We suggest you spread this over 5 days for 30 minutes each day.

- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = ____ steps/day

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Total minutes for the week (150 minutes or more):

Follow your action plan for a holiday, vacation, or special event that's in the near future. If it applies, include your plan to save time by doing less and streamlining healthy eating and being active

Action Plan

Before the next meeting, answer these questions:

- X Did you follow your action plan?

 Yes ____ No ___ Almost
- X What problems did you have?
- X What changes could you make next week?

Bring your completed Keeping Track, graphs, and notebook to every session



Session 19: Jump Start Your Activity Plan: Muscle Training

Let's review the Look AHEAD activity goal.

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Slowly **build up to 175 minutes per week of moderate physical activity**, like brisk walking, **by Week 26.**

We suggest you spread this over at least 5 days per week.

For example:

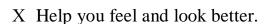
Weeks 1-4: Walk 50 minutes per week (10 minutes on 5 days per week). Weeks 5-8: Walk 75 minutes per week (15 minutes on 5 days per week). Weeks 9-12: Walk 100 minutes per week (20 minutes on 5 days per week). Weeks 13-16: Walk 125 minutes per week (25 minutes on 5 days per week). Weeks 17-20: Walk 150 minutes per week (30 minutes on 5 days per week). Weeks 21-26: Walk 175 minutes per week (35 minutes on 5 days per week).

To help you reach this goal, you are expected to:

- X **Keep track** of how long you are active.
- Wear a pedometer to measure the steps you take.
 Slowly increase your steps to an average of 10,000 steps per day or more.

Research shows that being more active will:

- X Help you lose weight and keep it off.
- X Lower your blood sugar by making the body more sensitive to insulin.



- X Make you more physically fit.
- X Make it easier for you to do your daily work, like climbing stairs.
- X Lower your risk for some kinds of cancer.
- X Lower your risk for heart disease. Being active raises HDL cholesterol, lowers triglycerides, and lowers blood pressure.

To help you become more active, we have taught you how to do the following:

X Work with what's around you.

Example: Set up a regular walking date with a friend or family member.

X Solve problems.

Example: What if your friend can't walk with you as planned?

Ride an exercise bike instead.

X Talk back to negative thoughts.

Example: Negative thought: "Look at what I did. I didn't walk today. I'll

never get in shape."

Talk back: "One slip-up isn't the end of the world. I can get

back on track."

Over time, boredom with your activity plan may cause you to slip back into old habits of not being active.

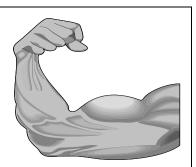
One way to **prevent boredom** is to **add something new**.

Until now, our focus has been on aerobic forms of exercise such as walking. We suggest **adding muscle training** (also called strength training).

Muscle training is good for you in many ways:

- X Builds muscle strength and endurance.
- X Improves balance and coordination.
- X Helps you look good by firming and toning the muscles. It does *not* make them bulky or large.
- X Makes it easier to do daily chores such as carrying things, shoveling snow, or yard work
- X Prevents the loss of muscle tissue common with aging and weight loss.
- X Keeps bones strong. This lowers your risk of osteoporosis (weak bones).

Muscle training may improve the body's ability to use insulin and maintain healthy glucose levels.



However, keep in mind that muscle training:

- X **Burns** *fewer* calories than the same amount of time spent brisk walking.
- X **Does not improve your heart fitness** as much as brisk walking.

Important:

Use muscle training as an *addition to* your walking program, *not* to replace it.



Here's how to start a simple muscle training program:

X Warm up for 5-10 minutes.

This will reduce your chance of getting hurt and increase your range of motion. You can use your walk as a warm-up or walk in place for a few minutes. Follow this by doing a few stretches for the muscles you will be using (refer to earlier sessions).

X Follow the instructions to the letter, such as those attached.

You may have been taught to do sit-ups with your legs straight out. Now we know it's important to bend your knees to prevent back problems.

X Move slowly and smoothly. Never hold your breath.

This will prevent a dangerous rise in blood pressure.

- X When you **lift**: *Breathe out, and count 1-2*.
- X **Hold** the position for 1 count.
- X When you **release:** *Breathe in, and count 1-2-3-4.* Be careful to control the speed with which you release the movement. This will avoid stressing the joints.

X Do each exercise through the full range of motion.

If you can't do this, decrease the amount of resistance.

X Keep it slow and steady.

Add more resistance gradually to develop muscle strength. At the same time, be careful not to do too much.

You may want to slowly repeat each exercise 12-20 times (this is called a "set"). Then work up to doing 2-3 sets of each exercise each time.

X When using the exercise bands, it's okay to do the exercises every day.

But if you use too much resistance, or if your muscles are very sore, it's best to take a day off to allow your muscles to rest and recover.

X Cool down.

After the exercises, stretch the muscle groups used. Do each stretch three times and hold 30-60 seconds.

Over the next few sessions, you will learn different muscle training exercises.

When you perform all of the exercises as a group, keep in mind the following:

After you exercise muscles on one side of a joint, exercise those on the other side. This will maintain balance and prevent injury.

For example, if you exercise the muscles that bend the elbow (biceps), then exercise the muscles that straighten the elbow (triceps).

To begin, try the muscle training exercises at the end of this session.



To do next week:

Keep Track

- X Keep track of your weight, fat grams, calories, the minutes you are active,
 steps, and muscle training exercises (see below).
- X Stay under your **calorie and fat gram goals** by using the **meal replacements and meal plan.** Keep in mind that in a few weeks, Look AHEAD will provide only one meal replacement per week. We'll give you more details later.

Be Active

X Walk (or do something like walking) for **at least 150 minutes per week.**

We suggest you spread this over 5 days for 30 minutes each day.

- X During structured activity, stay within your **target heart rate range.**Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.

Goal for next week =

Average steps/day last week _____ + 250 = ____ steps/day

X On three days this week, do the muscle training exercises given.

Here's how to **record muscle training exercises** in your Keeping Track.

(Note: You don't need to record the specific exercises or the minutes.)

Kind of Physical Activity	Minutes
Walk	30
Exercise band	

Remember:

Use muscle training exercises as an *addition to* your walking program, *not* to replace it.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total minutes for the week	(150 minutes or more):	

Bring your completed Keeping Track, graphs, and notebook to every session.



Session 20: Make Social Cues Work for You

Meal replacements

Many of you have been using meal replacements several times per day.

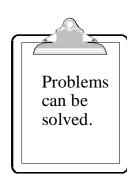
- X What has been good about using the meal replacements?
- X What has been not so good?

From this point on, Look AHEAD will provide only one meal replacement per day. So you have several options:

- X Continue to buy additional meal replacements yourself.
- X Cut back to using only one meal replacement per day. Follow the Look AHEAD meal plans for the other meals and snacks.
- X Don't use any meal replacements at all. Follow the Look AHEAD meal plans for all your meals and snacks.

Cutting back to only one or no meal replacements may be challenging at first.

- X What problems might come up? (Describe one problem in detail.)
- X Brainstorm your options:
- X Pick one option to try:



Make an action plan. **Problems** can be solved. I will: When? I will do this first: Roadblocks that might come up: I will handle them by: I will do this to make my success more likely: How can we help you? My reward will be:

Now let's move on to the topic of social cues.

Social cues: What other people say or do that affects your eating and activity. Social cues may be *real* or *assumed*. For instance, Susan may think her husband disapproves of her evening walks. The opposite *may* be true.

Problem social cues:	Examples:
The sight of other people eating problem foods or being inactive.	Your spouse eats ice cream in front of you.
Being offered (or pressured to eat) problem foods or invited to do something inactive.	
Being nagged.	
Hearing complaints (or assuming them).	

Helpful social cues:	Examples:
The sight of other people eating healthy foods or being active.	Your spouse walks on the treadmill.
Being offered healthy foods or invited to do something active.	
Being praised.	
Hearing compliments.	

When you respond to a social cue in the same way, you build a **habit.** The other person has *also* learned a habit. This makes social cues even harder to change than other cues.

To change problem social cues:

1. Check out your assumptions.

Some cues exist because of what we assume others want us to do. But assumptions can be wrong. Instead, ask what others really think and You assume your mother would be insulted if you didn't feel. Example:

eat a piece of her homemade pie. Actually, she is proud

of your weight loss efforts.

2. Stay away from the cue, if you can.

Move to a different room. Example:

Change the cue, if you can. 3.

Discuss the problem with the other person. Brainstorm options.

Tell the other person about Look AHEAD and your efforts to lose weight and be more active.



Ask others to:

- Praise you for your efforts and X
- X Ignore your slips.

This is KEY to your success.

4. Practice responding in a more healthy way.

Say "No" to food offers. Show others you know they mean well.

Suggest something they can do to help you.

Example: "No, thanks. But I'd love a glass of ice water."

Remember, it takes time to change habits.

To add helpful social cues:

X	Spend time with people who are active and make healthy food choices.		
X	Put yourself in places where people are active. Walk with Bill		
X	Set up a regular "date" with others to be active.		
X	Ask your friends to call you to remind you to be active or to set up dates to be active.		
X	Bring a low-calorie and low-fat food to share when you go to a dinner party.		
X	Be the first to order when you eat out at a restaurant.		
X	Be social by doing something active. Take a walk and talk.		
X	Others:		

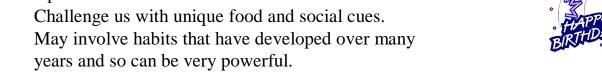
Who could provide support for you?

For 1	healthy eating:		
For	being more active:		
	at could they do to help you? Belowed free to share this page with people		
	Ways to help me eat healthy:	Way	vs to help me be more active:
	Serve low-calorie/fat foods for meals.		Go for a walk with me. Or do other physical activities with me.
	Eat low-calorie/fat foods when I'm nearby.		Plan social events around being active.
	Don't tempt me with problem foods as a reward or gift.		Compromise when my being active conflicts with our schedule.
	Clear the table and put food away as soon as the meal is over.		Praise me when I do my scheduled activity. Don't remind me when I don't.
	Help with cooking, shopping, or cleaning up after meals.		Babysit for me so I can take a walk.
	Don't offer me second helpings.		Set up a regular date with me to be active.
	Encourage me to cook new foods.		Encourage me to go out for a walk when I'm debating whether or not to go.
	Praise my efforts to eat healthier foods.		Try to achieve and maintain the Look AHEAD goals with me.
	Other:		Other:
			

Social cues are powerful at social events.

Social events:

- Upset our routine. X
- X
- X years and so can be very powerful.



To handle social events, problem solve. Brainstorm your options. Some ideas:

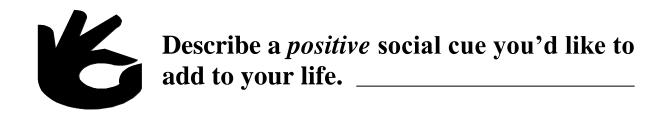
Options:	Examples:		
Plan ahead.	X Eat something before the event.		
	X Plan your meal in advance.		
	X Budget your calories ahead of time. Plan to eat the best		
	(in small portions) and leave the rest.		
	X Bring a tasty, low-calorie dish to share.		
Stay away from	X Stand as far away as you can from the table with the food.		
problem cues.	Keep your hands busy with a glass of water, coffee, tea, or		
	diet soda.		
	X Watch the alcohol. It lowers your will power and		
	increases appetite.		
	X Clear the table as soon as possible. Put the food away.		
Change problem	X Discuss your goals with your family, friends, guests, host		
cues.	or hostess.		
	X Ask others to praise your efforts and ignore your slips.		
Respond to	X Practice a polite, but firm, "No, thank you."		
problem cues in a	X Suggest something else they can do to help you. "No		
more healthy way.	thanks, but I'd love a glass of ice water."		
Add helpful cues.	X Serve healthy foods or bring some to share. Use low-		
	calorie products to lower the calories in favorite recipes.		
	Try some new, low-calorie recipes.		
	X Ask a friend or family member for support (split dessert		
	with you, take a walk together, offer you healthy food		
	choices).		
	X Plan things to do that are active and don't involve food.		



Describe a social cue that's a *problem* for you.

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

	can be solved	d.
I will:		,
When?		
I will do this first:		
Roadblocks that migh	t come up:	I will handle them by
I will do this to make	my success mo	re likely:
How can we help you	?	



Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

c	an be solve	d.
I will:		
When?		
I will do this first:		
Roadblocks that might	t come up:	I will handle them b
I will do this to make	my success m	ore likely:
How can we help you'		



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

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Be	Λ	cti	T/A
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- X Walk (or do something like walking) for at least 150 minutes per week.
 - We suggest you spread this over 5 days for 30 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day
- X Walk (or do something like walking) with a friend at least once this week.
- X On at least three days this week, **do the muscle training exercises** you've learned.

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Tota	nl minutes for the week (150	minutes or more):	

Tell your family and friends about Look AHEAD and your efforts to lose weight and be more active.

Follow your action plans for making social cues work for you.

Before the next meeting, answer these questions:	Action Plan
Did you follow your plans? Yes No Almost	
What problems did you have?	
What changes could you make next week?	

Bring your completed Keeping Track, graphs, and notebook to the next session. Also complete the How Am I Doing? page in Session 21.



Look AHEAD Meal Plan: Breakfast Menus

Each breakfast menu below contains 200-300 calories. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Other

Menu 1

Cold or hot cereal (1 serving)



Milk (4 ounces)

Fruit juice (4 ounces) or fruit (1 serving)

Menu 2

Bread (2 servings)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (2 servings) Fruit juice (4 ounces) or fruit (1 serving)

Menu 3

Egg substitute (1 serving)

Bread (1 serving)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving)

Fruit juice (4 ounces) or fruit (1 serving)

Menu 4

Nonfat fruit yogurt (any brand with 100-120 calories and 0 grams fat/serving)

Bread (1 serving)

Jam, jelly, fat-free cream cheese, or low-calorie margarine (1 serving) Fruit juice (4 ounces) or fruit (1 serving)

Food	Amount	Calories	Fat (g)
Cereal			
* Bran Flakes	3/4 cup	100	0
*Cheerios (plain)	1 cup	110	0
Corn flakes	1 cup	100	0
*Oatmeal, cooked, no fat added, unsweetened	1.2 cup ckd or 1 pkg instant (plain)	100	2
*Raisin Bran	¹⁄2 cup	95	1
*Shredded Wheat, Spoon Size	½ cup	85	1
Special K	1 cup	110	0
Milk, Yogurt			
Skim milk	4 oz	43	0
1% milk	4 oz	51	2
Nonfat yogurt with aspartame (any brand with 100-120 calories and 0 gram fat per serving)	6-8 oz	100-120	0
Bread			
*Whole wheat toast	1 slice	70	1
White toast	1 slice	70	1
English muffin	1/2	67	1
Small bagel (check label) (Note: This is a <i>small</i> Lender's Bagel. Many bagels contain more than 300 calories.)	1.2	80	1

			_
Food	Amount	Calories	Fat (g)
Egg substitute			
Fleischmann's Egg Beaters	¹⁄2 cup	38	0
Egg Whites	3 large	42	0
Fruit Juice			
Orange juice, unsweetened	4 oz	56	0
Grapefruit juice, unsweetened	4 oz	47	0
Apple juice, unsweetened	4 oz	58	0
Fruit			
*Banana, 8 " long	½ fruit	48	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Grapefruit, 4" diam	½ fruit	47	0
*Strawberries, fresh	1 cup	46	0
*Raisins, dried	2 Tsp	58	0
*Grapes, all kinds	½ cup	57	0
*Pear, fresh, 2 ½" diam	1 each	98	1
Jam, jelly, fat-free crea	m chees	e, redu	ced-
fat margarine			
Jam or jelly, regular (any flavor)	2 tsp	32	0
Jam or jelly, all fruit, no added sugar (any flavor)	2 tsp	27	0
Cream cheese, fat-free	2 Tbsp	30	0

Diet bread 2 slices 80 0 Margarine, low-calorie 2 tsp 34 4

Look AHEAD Meal Plan: Lunch Menus

Each lunch menu below contains 300-400 calories. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

Salad (see Free Food list) Salad dressing, low-calorie or fat-free (1 serving)

Chicken, turkey, salmon, tuna, or ham (1 serving) Bread (2 servings) Condiment (1 serving) Fruit (1 serving)

Menu 2

label)

Salad (see Free Food list) Chicken, turkey, salmon, tuna, or ham (1 serving) Condiment or fat-free or reduced-fat salad dressing (1 serving) Bread (1 serving) Fruit (1 serving)

Menu 3 (Vegetarian Option)

Salad (see Free Food list) Salad dressing, low-calorie or fat-free (1 serving) Beans, cottage cheese, tofu, or hummus (1 serving) Bread (1 serving) Fruit (1 serving)

Menu 4

Salad (see Free Food list) Salad dressing, low-calorie or fat-free (1 serving) Low-calorie frozen entree (<300 calories and <10 grams fat)

Fruit (1 serving)

Other

Food Chicken, turkey, salmon, tuna, or	Amount	Calories	Fat (g)
ham			
Tuna, canned in water, drained	3 oz	99	1
Salmon, canned in water, drained	3 oz	118	5
Turkey breast, processed luncheon meat, oven-roasted	3 oz	90	3
Chicken breast, processed luncheon meat, oven-roasted	3 oz	90	3
Ham, processed luncheon meat, sliced or chipped	3 oz	90	5
Vegetarian meat alternative			
Cottage cheese, 1% milk fat	½ cup	82	1
*Hummus (chick pea dip), plain	2 Tbsp	79	4
Tufu, regular, no fat added	¹⁄2 cup	94	6
*Beans and peas, dried, no fat added	⅓ cup ckd	129	1
*Chickpeas (garbanzos)	½ cup ckd	134	2
Bread			
Pita or pocket bread, shite, 7" diam	½ pita	96	1
Small bagel (check label) (Note: This is a <i>small</i> Lender/'s Bagel. Many bagels contain more than 300 calories)	1/2	80	1
*Whole wheat bread	1 slice	70	1
White bread	1 slice	70	1
Crackers, reduced-fat or fat free (check	6	100	0-3

Food Bread stick, 5" long	Amount 1	Calories 64	Fat (g)
Rice, white, *wide, or *brown	½ cup ckd	105	1
Fruit			
*Apple, 2 ¾" diam	1 each	81	0
*Orange, fresh, 2 5/8" diam	1 each	62	0
*Peach, fresh, 2 1/2" diam, or canned in	1 each	37	1
water *Pear, fresh, 2 ½" diam, or canned in	1 each	98	1
water *Pineapple, fresh or canned in juice	½ cup	38	0
*Banana, 8" long	½ fruit	48	0
Condiment, salad dressing			
Mayonnaise, low-calorie	1 Tbsp	49	5
Mayonnaise, fat-free	1 Tbsp	12	0
Salad dressing, fat-free (check label)	1 Tbsp	16	0
Salad dressing, low calorie Mustard (check the label of honey mustards for fat grams)	1 Tbsp 2 Tbsp	43 24	1-3 1
Frozen entrees or dinners, low calorie			

Choose any with ≤ 300 calories and ≤ 10 grams of fat.

Look AHEAD Meal Plan: Dinner Menus

Each dinner menu below contains 500-600 calories. Make your food choices from the lists that follow. Foods marked with an asterisk (*) are good sources of fiber.

Menu 1

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)
Fish or poultry, cooked without fat, skin removed (1 serving)
Pasta, potato, or rice (1 serving)
Vegetable (1 serving)
Margarine, low-calorie (1 serving)
Fruit (1 serving)

Menu 2

*Carrots, cooked

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)
Low-calorie frozen entree (≤300 calories, ≤10 grams fat)
Vegetable (1 serving)
Margarine, low-calorie (1 serving)
Fruit (1 serving)

1 cup ckd

70

0

Menu 3 (Vegetarian)

Salad (see Free Food list)
Salad dressing, low-calorie or fat-free (1 serving)
Beans, cottage cheese, tofu, or hummus (1 serving)
Rice (2 servings) or 1 serving of pasta or potato
Vegetable (1 serving)
Margarine, low-calorie (1 serving)
Fruit (1 serving)

0

1-3

Other

Food	Amount	Calories	Fat (g)	Food	Amount	Calorie
Fish or poultry, cooked without fat				*Cauliflower, cooker	1 cup ckd	34
Fish, fresh or frozen, no fat or breading	3 oz	90	1	*Corn, whole kernel, cooked	½ cup ckd	66
Turkey, ground, lean (breast only)	3 oz	160	8	*Green beans, cooked	1 cup ckd	38
Turkey, light meat, skin removed	3 oz	140	3	*Peas, green, cooked	½ cup ckd	62
Chicken, white meat, skin removed	3 oz	141	3	*Peas, snow, cooked	1 cup ckd	50
				*Peppers, bell, cooked	1 cup ckd	38
Vegetarian meat alternatives				*Spinach, cooked	(chopped) 1 cup ckd	54
Cottage cheese, 1% milk fat	½ cup	82	1	*Squash, summer, cooked	½ cup ckd	44
*Hummus (chick pea dip), plain	2 Tbsp	79	4	*Squash, acorn, butternut, or hubbard	½ cup ckg	50
Tufu, regular, no fat added	¹∕2 cup	94	6	Marinara sauce, jarred (any with ≤ 100	1 cup	100
*Beans and peas, dried, no fat added	½ cup ckd	129	1	calories and ≤ 2 grams of fat per cup)		
*Chickpeas (garbanzos)	½ cup ckd	134	2	Fruit		
				*Apple, 2 ¾" diam	1 each	81
Pasta, potato, or rice				*Orange, fresh, 2 5/8" diam	1 each	62
Pasta, white or *whole wheat, plain	1 cup ckd	197	1	*Peach, fresh, 2 ½" diam, or canned	1 each	37
Rice, white, *wild, or *brown	½ cup ckd	105	1	(water) *Pear, fresh, 2 ½ " diam or canned	1 each	98
Potato, mashed, made with skim milk and no fat added	1 cup	156	0	(water) *Pineapple, fresh or canned in juice	½ cup	38
Potato, boiled without skin	Medium	220	0	*Banana, 8" long	½ fruit	48
*Sweet potato or yam, baked in skin	½ cup	131	0	Margarine or salad dressing, low-caloric	e, reduced-fat	or fat-free
Vegetables				Salad dressing, fat-free	1 Tbsp	16
*Broccoli, cooked	1 cup ckd	52	0	Salad dressing, low-calorie	1 Tbsp	43
*Brussels sprouts, cooked	1 cup ckd	66	0	Margarine, low-calorie	2 tsp	34
*Cabbage, red or green, cooked	1 cup ckd	32	0	Frozen entrees or dinners, low-calorie		

Choose any with ≤ 300 calories and ≤ 10 grams of fat.



The snacks below contain **50-200 calories**. Make choices that keep you under your daily calorie and fat goals. Foods marked with an asterisk (*) are good sources of fiber.

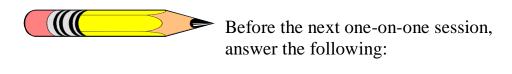
Food	Amount	Calories	Fat (g)	Food		Amount	Amount Calories
Fruit				Oth	er	er	er
*Apple, 2 ¾" diam	1 each	81	0				
*Orange, fresh 2 5/8" diam	1 each	62	0				
*Peach, fresh, 2 ½" diam	1 each	37	0				
*Pear, fresh, 2 ½" diam, or canned (water)	1 each	98	1				
*Pineapple, fresh or canned in juice	¹⁄2 cup	38	0				
*Banana, 8" long	½ fruit	48	0	-			
Milk and dairy products							
Cottage cheese, 1% milk fat	½ cup	82	1	_			
Skim milk	4 oz	43	0				
1% milk	4 oz	51	2				
Nonfat yogurt with aspartame (any	6-8 oz	100-120	0	-			
brand with 100-120 calories and 0 gram fat per serving)	0-0 02	100-120	O				
Fruit juice							
Orange juice, unsweetened	4 oz	56	0				
Grapefruit juice, unsweetened	4 oz	47	0				
Apple juice, unsweetened	4 oz	58	0			-	_
Pineapple juice, unsweetened	4 oz	70	0			-	_
Snack foods							
*Popcorn, air-popped, plain	2 cups	61	0				
*Popcorn, microwave, light or fat-free, popped from package, plain (check label)	popped 2 cups popped	51	0-5				
Pretzels, hard type	1 oz	108	1		-		
Rice cake, standard size (check label)	2	100-120	0		-		
Granola bar, low-fat Quaker	1	110	2				
Crackers, reduced-fat or fat-free (check	6	100	0-6				
label)							
Cookies, reduced-fat or fat-free (check label)	2-4	150-200	0-6				
Hot chocolate							
Sugar-free hot cocoa, Carnation, mocha or rich chocolate	1 envelope	50	0-1				

Look AHEAD Free Foods

The following foods are virtually free of calories and fat.

Salad greens and raw vegetables	X Tonic water (sugar free)			
X Cabbage				
X Carrot	Condiments			
X Celery	X Artificial butter flavorings (e.g., Butter Buds)			
X Endive	X Catsup (1 Tablespoon)			
X Lettuce	X Horseradish			
X Mushrooms	X Hot sauce			
X Onion	X Mustard (check label)			
X Peppers	X Picante sauce			
X Radishes	X Pickles (dill, unsweetened)			
X Romaine lettuce	X Taco sauce			
X Spinach	X Vinegar			
N. C.	Sweet substitutes			
X Sprouts	Sweet substitutes			
X Sprouts X Summer squash	Sweet substitutes X Candy, hard, sugar free			
•				
X Summer squash	X Candy, hard, sugar free			
X Summer squashX Tomato	X Candy, hard, sugar freeX Gelatin, sugar free			
X Summer squashX TomatoX Zucchini	X Candy, hard, sugar freeX Gelatin, sugar freeX Gum, sugar free			
X Summer squashX TomatoX ZucchiniDrinks	 X Candy, hard, sugar free X Gelatin, sugar free X Gum, sugar free X Sugar substitutes (e.g., saccharine, aspartame) 			
 X Summer squash X Tomato X Zucchini Drinks X Bouillon or broth without fat 	 X Candy, hard, sugar free X Gelatin, sugar free X Gum, sugar free X Sugar substitutes (e.g., saccharine, aspartame) Miscellaneous 			
 X Summer squash X Tomato X Zucchini Drinks X Bouillon or broth without fat X Bouillon without fat (low sodium) 	 X Candy, hard, sugar free X Gelatin, sugar free X Gum, sugar free X Sugar substitutes (e.g., saccharine, aspartame) Miscellaneous X Herbs 			
X Summer squash X Tomato X Zucchini Drinks X Bouillon or broth without fat X Bouillon without fat (low sodium) X Carbonated drinks (sugar free) X Carbonated water (sugar free) X Coffee, tea (Use only low-fat or nonfat	 X Candy, hard, sugar free X Gelatin, sugar free X Gum, sugar free X Sugar substitutes (e.g., saccharine, aspartame) Miscellaneous X Herbs X Lemon juice 			
 X Summer squash X Tomato X Zucchini Drinks X Bouillon or broth without fat X Bouillon without fat (low sodium) X Carbonated drinks (sugar free) X Carbonated water (sugar free) 	 X Candy, hard, sugar free X Gelatin, sugar free X Gum, sugar free X Sugar substitutes (e.g., saccharine, aspartame) Miscellaneous X Herbs X Lemon juice X Nonstick pan spray 			

Session 21: How Are You Doing?



1 166	feel my progress since the last one-on-one session has been:	
Que	stions to ask my Counselor:	



To do next week:

Do your best to reach the goal you set.

Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- X Increase your activity to at least 175 minutes per week.
 We suggest you spread this over 5 days for 35 minutes each day.
 This will be your new activity goal for the next four weeks.
- X During structured activity, stay within your **target heart rate zone.** Warm up, cool down, and do the **stretches** you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day
- X On at least three days this week, do the **muscle training exercises**

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total mi	nutes for the week (175 m	inutes or more):	

Bring your completed Keeping Track, graphs, and notebook to every session.



Managing stress is important for many reasons.



Stress is tension or pressure.

Many people react to stress by eating too much or not being active.

Any physical stress (such as a cold, the flu, or an injury) or emotional stress can cause your blood sugars to go higher.

Eating too much because of stress will raise your blood sugars, too. It will also work against your weight loss efforts.

What kinds	of things mak	e you feel s	tressed?		
What is it lik	ke for you wh	en you get s	stressed?		

Ways to prevent Stress:

- □ **Practice saying, "No."**Try to say "Yes" only when it is right for **you.**
- ☐ Share some of your work with others.
- ☐ Set goals you can reach.
- ☐ Take charge of your time.
 - X Make schedules with the real world in mind.
 - X Get organized.
- **☐** Use problem solving:
 - X Describe the problem in detail.
 - X Brainstorm your options.
 - X Pick one option to try.
 - X Make an action plan.
 - X Try it. See how it goes.

- Plan ahead.
 - Think about the kind of Situations that are stressful for you.
 - Plan for how to handle them or work around them.
- Keep things in perspective.Remember your purpose.
 - Think of all the good things in your life.
 - Think about why you joined Look AHEAD
- Reach out to people.
- **□** Be more active.

When you can't avoid stress:



- X Catch yourself feeling stressed as early as you can.
- X Take a 10-minute "time out."
 - X Move those muscles.
 - X Pamper yourself. Just take 10 minutes for YOURSELF.
 - X Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.



Look AHEAD may cause stress:

Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in cooking food and	X Share some of your work.	X Ask spouse to help shop.
shopping.	X Take charge of your time.	X Make double recipes. Freeze part for later.
Feel deprived when can't eat favorite foods.	X Set goals you can reach.	X Allow yourself to have favorite foods in small amounts now and then.
	X Keep things in perspective.	X Remind yourself how important losing weight and managing diabetes is to you.
Upset if your family doesn't like low-	X Reach out to people	X Ask your family to support your efforts to try new foods.
calorie foods	X Use the steps for solving problems.	X Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable in social activities	X Practice saying, "No."	X Turn down invitations that aren't important to you.
where high-calorie foods are served.	X Reach out to people.	X Call the host or hostess ahead and ask what will be served and if you can bring a low-calorie dish.
	X Plan ahead.	X Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	X Plan ahead.X Problem solve.	 X Make time to be active. X Combine being active with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the
		family.)



How does Look AHEAD cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:

Problems can be solved. I will: When? -I will do this first: _____ Roadblocks that might come up: I will handle them by: I will do this to make my success more likely: How can we help you?



Keep Track

- X Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 175 minutes per week. We suggest you spread this over 5 days for 35 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.Goal for next week =

Average steps/day last week $___$ + 250 = $___$ steps/day

X On at least three days this week, do the muscle training exercises

Make a plan for how active you will be next week:

	What I will do	When	Minutes		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
7	Total minutes for the week (175 minutes or more):				

Follow	vour	action	nlan	for	handling	stress
T OHO W	your	acuon	pian	101	Hanunng	211 622

Dafana 4ha		a.a.a	
Before the	next meeting,	answer in	ese questions:

- X Did you follow your plan?

 Yes No Almost
- X What problems did you have?
- X What changes could you make next week?

Bring your completed Keeping Track, graphs, and notebook to every session.

Action Plan

Session 23: Ways to Stay Motivated



If not, what will you do to improve your progress?

Ways to stay motivated:

1.	I nink about wna	t you've achieved and hope to achieve.		
	What did you hope to Have you reached the	achieve when you first joined Look AHEAD? se goals?		
	What would you like	to achieve in the next six months of Look AHEAD?		
2.	Think about your	successes.		
	What changes in your eating and activity do you feel proudest of?			
•				
You did it!				

3. Keep a record of your progress.

- Post weight and activity graphs somewhere you can see them often.
- Mark your activity milestones on a map toward a specific goal.
- Measure yourself (waist, belt size) once a month

4. Keep track of your weight, eating, and how active you are.



- Record your activity daily.
- Record what you eat this often:
- Record your weight on:

5. Add new or different things to your routine.

How have you changed your activity?	
What meals, snacks, or foods are you most bored with?	
Can you think of some ways to vary this part of your eating?	

6.	Set new goals for yourself.
	Find ways to reward yourself when you meet each goal.

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?



7. Create some friendly competition.

Set up the kind of competition in which you both win.

8. Use the Look AHEAD staff and others to help you stay motivated.

Call a Look AHEAD staff member, participant, or friend for encouragement and support.



Choose one way to stay motivated that would be helpful to you now.

	Problem can be so			
I will:				
When?				
I will do this first:				
Roadblocks that might co	ome up: I v	vill handle th	em by:	
I will do this to make my	success mor	e likely:		



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 175 minutes per week. We suggest you spread this over 5 days for 35 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.Goal for next week =

Average steps/day last week $___$ + 250 = $___$ steps/day

• On at least three days this week, do the muscle training exercises.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Tot	tal Minutes for the week (175 minutes	or more):	

Follow	vour	action	plan	for	staying	motivate	ed.
	J		1				

Before the next meeting, answer these questions:

X Did you follow your plan?

____ Yes ____ No ____ Almost

X What problems did you have?



X What could you change next week?

Bring your completed Keeping Track, graphs, and notebook to every session.



Session 23: Ways to Stay Motivated



If not, what will you do to improve your progress?

Ways to stay motivated:

1.	Think about what	you've achieved and hope to achieve.
	What did you hope to Have you reached thes	achieve when you first joined Look AHEAD? se goals?
	What would you like t	o achieve in the next six months of Look AHEAD?
2.	Think about your	successes.
	What changes in your	eating and activity do you feel proudest of?
	You did it!	

3. Keep a record of your progress.

- Post weight and activity graphs somewhere you can see them often.
- Mark your activity milestones on a map toward a specific goal.
- Measure yourself (waist, belt size) once a month

4. Keep track of your weight, eating, and how active you are.



- Record your activity daily.
- Record what you eat this often:
- Record your weight on:

5. Add new or different things to your routine.

How have you changed your activity?				
What meals, snacks, or foods are you most bored with?				
Can you think of some ways to vary this part of your eating?				

6.	Set new goals for yourself.
	Find ways to reward yourself when you meet each goal.

Goals: Specific, short-term, just enough of a challenge.

Rewards: Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?



7. Create some friendly competition.

Set up the kind of competition in which you both win.

8. Use the Look AHEAD staff and others to help you stay motivated.

Call a Look AHEAD staff member, participant, or friend for encouragement and support.



Choose one way to stay motivated that would be helpful to you now.

	Prob can be	lems solved.	
			7
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			_
		I will handle them by:	
I will do this to ma	nke my success	more likely:	
How can we help			



To do next week:

Keep Track

- X Keep track of your weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.
- X Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- X Walk (or do something like walking) for at least 175 minutes per week. We suggest you spread this over 5 days for 35 minutes each day.
- X During structured activity, stay within your **target heart rate range.** Warm up, cool down, and do the **stretches** you've learned.
- X Add 250 steps per day to your average steps per day.Goal for next week =

Average steps/day last week $___$ + 250 = $___$ steps/day

• On at least three days this week, do the muscle training exercises.

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total N	Ainutes for the week (175 minutes	s or more):	

Follow	vour	action	plan	for	staying	motivate	ed.
	J		1				

Before the next meeting, answer these questions:

A Did you follow your plan	X	Did you follow your plan
----------------------------	---	--------------------------

____ Yes ____ No ____ Almost

X What problems did you have?



X What could you change next week?

Bring your completed Keeping Track, graphs, and notebook to every session.



Congratulations!

You have now **completed the first six months** of the Look AHEAD Lifestyle Program.

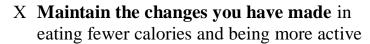
Months 7-12

During months 7-12:

You will come to the clinic **two to three times per month**.

- X Once per month, you will meet **one-on-one** with your Counselor. You will be able to discuss issues specific to your own progress.
- X You will have **one to two group sessions per month**. We encourage you to come to both group sessions. You will be *required* to come to at least one.

In both the one-on-one and group sessions, we will help you to:



- X **Reach your Look AHEAD goals** for weight and physical activity if you haven't reached them yet
- X **Maintain your goals** if you *have* reached them



At this point, some of you have already reached your weight loss goal. Others still need to lose more weight to reach your goal.

In both groups, many of you would say it has been challenging to lose weight. However, the months ahead may be even *more* challenging.

Here's an example (meet Bill) of someone in a weight loss program.

During the **first six months:**

What Bill did	How Bill felt
Came to all the weekly	Proud to be taking charge of his weight
meetings	Found the other people in the group inspiring
Weighed himself once a	Liked seeing a record of the changes he was
week	making
Recorded calories and	
activity almost every day	
Cut calories by an average of	Found he liked many lower-calorie foods he had
600 per day	never tried before
Began walking	At first, walking was a chore for him
Slowly worked up to 200	After he got used to it, he had more energy and felt
minutes per week	great
	Enjoyed walking with his wife in the evenings

Result: He lost 20 pounds (9% of his starting weight).



During the second six months:

What Bill did	What Bill did
Came to the program's meetings	Other areas of his life seemed to need more of
only once every two months	his attention
	He didn't seem to need the support of the other
	people now that he'd lost weight
Weighed himself about once a	Confident that his weight would stay about the
month	same
Recorded calories and physical	Thought he could keep track in his head pretty
activity only about half the time	well by now
Started eating more calories	Comfortable slipping back into some of his old
	eating habits without even knowing it
His walking dropped to about	Slipped back into the habit of watching TV
100 minutes per week	instead of walking in the evening

Result: He regained 10 pounds.

During the **next six months:**



What Bill did	How Bill felt
Stopped coming to program	Discouraged and embarrassed about his weight
meetings	regain
Stopped keeping track	Keeping track seemed to make him feel worse
	about things
Ate more food, including his old	Eating seemed to relieve the stress
high-calorie favorites	He thought he deserved to go easy on himself
Stopped walking except once in	When he did walk, it made him tired
a while	He felt even more discouraged

Result: He gained 15 more pounds. Now he weighed *more* than when he started the program.

It is often said that *no one* can maintain their weight loss.

But this is NOT TRUE.

Research has shown time and again that the key to keeping weight off is maintaining what helped you lose the weight to begin with:

- X Support
- X Self-monitoring
- X Low-calorie eating
- X Physical activity

Think about this example.

Like Bill, Sue did "everything right" during the first six months of a weight loss program. She lost 15 pounds (7% of her starting weight).

During the **second six months:**

What Sue did	How Sue felt
Came to the program's	Pressed for time but fit it into her schedule
meetings two or three times a	Enjoyed giving support to some of the less
month	successful people in the group
Weighed herself once a week	Relieved when she saw her weight starting to go up
Recorded calories and	over time because she could make changes to
physical activity almost	correct it right away
every day	Tired of keeping track but she used some short-cuts
	to make it quicker most of the time
Started eating more calories	Learned that by keeping track in more detail
but then cut back	whenever her weight started to climb, she could see
	right away where her calories were coming from
	and what changes she need to make
Her walking increased to 220	Walking became her main way to relieve the stress
minutes per week	of a busy life
	She felt energetic, in charge, and proud of being in
	shape

Result: She lost 5 more pounds.

During the next six months, she continued as before.

- X Sue was *encouraged* by her ongoing weight loss, even though it was slow.
- X Sometimes she gained a few pounds or her weight didn't budge. But she kept coming to meetings, keeping track, counting calories, and walking.
- X She lost 5 more pounds.



You may think that Sue is an exception. Actually, there are many, many people like Sue.

The **National Weight Control Registry** is a research study of a few thousand adults (3,200 people as of January 2001) who have **lost at least 30 pounds** and maintained that weight loss for at least one year.

Here are some facts about the study:

- X The average weight loss is 66 pounds.(Note: This may be more than most participants in the Look AHEAD Lifestyle Program will lose.)
- X They have kept off at least 30 pounds for an average of 5½ years.
- X 89% reported changing both their eating and physical activity habits.

People in the study say they do the following to keep the weight off:

- X 88% are still very active and watch calories and fat closely.
- X 72% burn 1000 calories or more per week in physical activity. (If you walk one mile in 20 minutes, that is **200 minutes per week**.)
- X On average, they eat 24% of calories from fat.
- $X\ 75\%$ weigh themselves at least once a week.

Other research supports these findings.

In one study, participants who self-monitored lost an average of about 1.5 pounds per week.

Those who did *not* self-monitor *gained* about 1 pound per week.

Another study compared those who lost and then regained weight with those who lost weight and did not regain. Participants who did not regain any weight from month 6 to month 18 of the study were those who did the following:

- X Attended at least 80% of the group sessions
- X Limited their fat intake to 24-27% of their total calories
- X Exercised more than 200 minutes per week

What changes did you make in the first six months of Look AHEAD? Attending sessions — Self-monitoring _____ Low-calorie eating _____ Physical activity_____ Choose **one behavior change** you have made. Yes! Make a positive action **plan to maintain that behavior**: Problems can be solved. I will: _____ I will do this first: Roadblocks that might come up: I will handle them by: I will do this to make my success more likely: How can we help you?



To do next week:

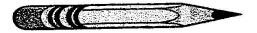
Keep	Track					
X	Keep track of your weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.					
X	Stay under your calorie and fat gram goals by using the meal replacements and meal plan.					
Be A	ctive					
X	Walk (or do something like walking) for at least 175 minutes per week. We suggest you spread this over 5 days for 35 minutes each day. Warm up, cool down, and do stretches when you're active.					
X	During structured activity, stay within your target heart rate range.					
X	Add 250 steps per day to your average steps per day. Goal for next week =					
X	Average steps/day last week $___$ + 250 = $___$ steps/day On at least three days next week, do the muscle training exercises you were given.					
	w your action plan for maintaining your weight loss behaviors. The the next meeting, answer these questions: X Did you follow your plan? Yes No Almost X What problems did you have?					
	X What could you change next week?					

Make a plan for how active you will be next week:

	What I will do	When	Minutes		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Total mi	Total minutes for the week (150 minutes or more):				

Bring your completed Keeping Track, graphs, and notebook to every session.





Before the next one-on-one session, answer the following:

Questions to ask r	ny Counselor:		

Weight Management Goals and Strategies

Congratulations on completing the first 6 months of the Look AHEAD Program. Take a moment to review your progress and to consider your weight management goals for the next 6 months.

	What was your weight at the start of the Look AHEAD Program? lb
	What was your weight at the last Look AHEAD meeting (week 24)? lb
	Weight loss for the first 24 weeks:lb
to los achie	t are your weight management goals for the next 6 months? Do you want e more weight or focus primarily on maintaining the weight loss you have ved? You can change your mind at anytime during the next few months but is your principal goal at this time? (Complete A or B.)
	reight Loss : I want to lose lb in the next 6 months. This would take me to a eight of lb.
	reight Maintenance : I want to keep my weight stable between lb and in the next 6 mos.

INSTRUCTIONS:

For each of the weight management strategies listed below, circle the response that best describes your plans for using this strategy for weight control (i.e., to lose more weight or to maintain your weight loss) during the coming months.

- $1 = I \underline{\text{do not}}$ plan to use this strategy in the next month
- 2 = I plan to start using this strategy in the next month

$\mathfrak{z}=1$	am <u>current</u>	using ti	ms strategy a	ma pian to co	ntinue using it	
confidence	that you e: Please	could succ	essfully use		presents your to manage your bo n if you are not	ody
1	2	3	4	5	6	- 7
No Complete Confid Confidence	ence		Don't Knov	v/Unsure		
1. I will eat	three meal	s a day in o	order to struc	eture my eatin	g.	
2 = I	plan to sta	art using th	is strategy in	the next mon the next mon nd plan to con		
1 No Complete Confidence		3 -	4 - Don't Know		6	7
2. I will cut	back on the	e <i>amount</i> o	of food that I	eat <u>during</u> me	eals.	
2 = I	plan to sta	art using th	is strategy in	the next mon the next mon nd plan to con		
1 No Complete Confid Confidence		3	4 Don't Know		6	- 7

3. I will cut back on the <i>amount</i> of food I eat <u>between meals</u> .	
 1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am currently using this strategy and plan to continue using 	it
1 2 3 4 5 6 No Don't Know/Unsure Complete Confidence Confidence 4. I will record each day (in my Keeping Track book) the foods and beyonsume and their calorie amounts.	
 1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am currently using this strategy and plan to continue using 	it
1 2 3 5 6 6	7
5. I will use <i>portion controlled meal replacements</i> to manage my weigh substitute a shake or bar for one or more meals or snacks).	nt (ie.,
 1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am <u>currently</u> using this strategy and plan to continue using 	it
1 2 3 5 6 No Don't Know/Unsure Complete Confidence Confidence	7

6.	I will continue to <i>swimming</i> , <i>aerob</i> week.	-		•		_
	1 = I <u>do not</u> j 2 = I <u>plan to</u> 3 = I am <u>curr</u>	start using tl	his strategy in	the next mo	onth	; it
Co	1 2 No	3	4 Don't Know/	_	6	7
Co	mplete					
	Confidence					

Confidence

	ch a goal of 10,000 or more steps a day.	e pedometer, to
4	1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am <u>currently</u> using this strategy and plan to continu	ue using it
[Comple	Confidence	6 7
	rill record each day (in my Keeping Track book) my minu ivity and steps walked.	ites of physical
4	1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am <u>currently</u> using this strategy and plan to continu	ue using it
Comple	Confidence	6 7
9. I wi	rill regularly attend group counseling sessions to help man	nage my weight.
4	 1 = I do not plan to use this strategy in the next month 2 = I plan to start using this strategy in the next month 3 = I am currently using this strategy and plan to continuous 	ue using it
Comple	Confidence	6 7

weight.	
1 = I do not plan to use this strategy in the 2 = I plan to start using this strategy in the 3 = I am <u>currently</u> using this strategy and	the next month
1 2 3 4 4 No Don't Know/t Complete Confidence Confidence	
Based upon this assessment, I plan to use the for several months. (Check all that apply.)	llowing strategies for the next
	Strategies I will use
Eat three meals a day	
Reduce eating at meals	
Limit snacks between meals	
Record each day foods and calories eaten	
Use meal replacements	
Engage in \geq 175 min of physical activity/wk	
Increase daily steps to > 10,000/day	
Record each day activity and steps	
Attend group sessions regularly	
Attend individual sessions regularly	

10. I will regularly attend individual counseling sessions to help manage my



To do next week:

Do your best to reach the goal you set.

Keep Track

- Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.
- Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- Increase your activity to at least 175 minutes per week.

 We suggest you spread this over 5 days for 35 minutes each day.

 This will be your new activity goal for the next four weeks.
- During this structured activity, stay within your **target heart rate zone.**Warm up, cool down, and do the stretches you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + ____ steps/day
- On at least three days this week, do the **muscle training exercises.**

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total minutes for the week (17	75 minutes or more):	

Bring your completed Keeping Track, graphs, and notebook to every session.



Session 26: Maintaining Energy Balance for Successful Long-Term Weight Loss

As indicated very early in the Look AHEAD program, the goal of this program is to help you lose at least 10 percent of your body weight and to keep it off. At this point in the program, each of you will have lost different amounts of weight and have had different experiences. Some Look AHEAD members may have achieved the weight loss goal and are focusing on keeping their weight off, while others continue to work to achieve this goal. How much weight you lose, how quickly you lose it, and how successful you are at keeping your weight off depends on your energy balance.

BALANCING ACT



Energy balance is based on the energy you take in (food) and the energy you burn (activity and exercise).

- If energy intake (calories you eat from food) is more than the energy you burn (calories you use from activity and exercise), you will gain weight.
- If energy intake (calories you eat from food) is less than the energy you burn (calories you use from activity and exercise), you will lose weight.
- If energy intake (calories you eat from food) is the same as the energy you burn (calories you use from activity and exercise), you will neither lose nor gain weight. This is what happens when your weight stays the same.

At this point in the Look AHEAD program your weight loss may be slowing down or may have stopped, yet you are eating the same amount of food and doing the same activity as you did a few months ago. One of the reasons for this could be that even though your activity level is the same as it was a few months ago, you are actually burning less energy now than you were before. In this lesson we will help you understand how much energy you burn so that you can adjust your food intake to help you either lose more weight or keep off the weight you have already lost.

How do I lose 1 Pound?

The key to weight loss is to create an energy deficit. An energy deficit is the difference between the calories that you eat and the calories that you use in exercise and other types of activity. To lose about 1 pound, you will have to burn 3500 calories more that you eat. To achieve this you will need to eat 500 calories per day less than what you burn. If you want to lose 2 pounds per week, you will have to eat 1000 calories less than what you burn each day.

Let's take a look at how you burn calories, and how many calories your burn each day. You burn calories when you are resting and fairly inactive, when you participate in activity as part of your normal routine, and when you exercise and work towards achieving the activity goal of Look AHEAD. Knowing this information will help you to understand how your current eating and activity behaviors can impact your body weight.

What is Your Resting Metabolic Rate?

Your body needs a certain amount of energy just to sustain life even if you were to lie in your bed all day and do basically no activity. This would be the true definition of a "couch potato". The amount of energy you need to sustain life while being inactive all day is known as the <u>resting metabolic rate</u>. This energy is used for things like keeping the heart beating, breathing, brain activity, and other important functions of the body. To maintain these basic processes takes about 75% or more of the energy that your body needs in one day.



How much energy do you burn at rest? We have provided you with handouts to estimate your resting metabolic rate, and these are at the end of this lesson. Follow these steps to use these charts to find your resting metabolic rate.

1. First, find the chart that includes your age and gender.

• For example, if you are 45 years old, use the chart that is for people that are 40 to 50 years old, but be sure to use the one that matches your gender (there is one for men and one for women).

2. Next, find the row that has a number that is closest to your current body weight. Draw a line all the way across that row.

• For example, if you are 200 pounds, draw a line from the left side of the row marked "200" to the right side of this row.

3. Next, find the column that has a number that is closest to how tall you are. Draw a line all the way down that column.

• For example if you are 5 feet, 5 inches tall, draw a line from the top of the column marked "5 ft. 5 in." to the bottom of this column.

4. The point where the line in the column and the line in the row cross is your resting metabolic rate.

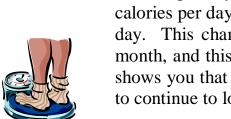
• For example, for a woman that is 45 years old, 200 pounds, and 5 feet 5 inches tall, the number representing her resting metabolic rate is 1585 calories. This means that she will burn a total of 1585 calories every day not counting any activity that she may do that day.

MY RESTING METABOLIC RATE IS	CALORIES PER DAY.										
*record this number on the worksheet at the end of this lesson.											

As you lose weight your resting metabolic rate goes down! This may help you understand why it becomes harder and harder to lose weight over time. For example, a 45-year-old, 5 ft. 5 in., 200-pound woman has a resting metabolic rate of about 1585 calories per day. However, if she started the program at 220 pounds, her resting metabolic rate would have been at least 1671 calories per day. So, since she has lost weight, her resting metabolic rate has dropped.

What was your resting metabolic rate when you started the Look AHEAD program?

WHI	EN I STARTED THE LOOK AHEAD STUDY, MY BODY WEIGHT WAS												
	POUNDS AND MY RESTING METABOLIC RATE WAS												
	CALORIES PER DAY.												
SINC	E STARTING THE LOOK AHEAD STUDY, MY RESTING METABOLIC												
	RATE HAS: (CHECK ONE)												
	MILIMS. (CILCR ONL)												
	INCREASED DECREASED STAYED THE SAME												



• Based on this, you can see why it becomes more difficult to lose weight over a long period of time. For example, at the beginning of the program a 45-year-old, 5 ft. 5 in., 220-pound woman burns 1671 calories per day. If she eats 1200 calories per day, this will result in a calorie deficit of 471 calories per day. However, after she loses 20 pounds, she will burn 1585 calories per day, and this will result in a calorie deficit of 385 calories per day. This change would reduce her weight loss by about 1 pound per month, and this will happen even if she is eating the identical diet. This shows you that you may have to reduce calorie intake further if you want to continue to lose weight at the same rate.

Also be careful not to eat too few calories. Dropping your food intake below 1000 to 1200 calories each day may cause your resting metabolic rate to go down even further.

What are the Other Ways that you Burn Energy?

Your Resting Metabolic Rate is not the only way that you burn calories. During the day you burn calories in other ways, and this will also influence your weight loss. The two other ways that you burn calories are:

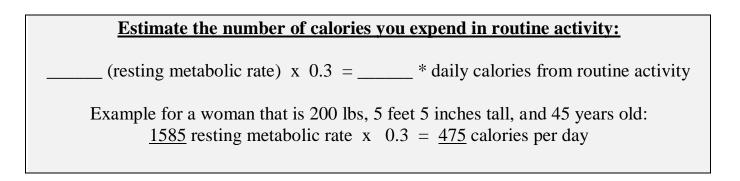
- 1. Through your typical daily activity.
- 2. Through your regular exercise.

How Many Calories do you Burn in Typical Daily Activity?

Everyone has some type of activity that they do around the house or at work that adds to the number of calories that they burn. These activities could be things like cleaning the house, washing the dishes, carrying the laundry basket, walking around the office, and other things that are part of your daily routine. These activities make your day very busy, but may not burn a lot of calories! This does not include any structured exercise you may do.

Use the formula below to estimate the number of calories that you expend in normal daily activity. (Remember, this does not count your exercise.)

Resting Metabolic Rate x 0.3 = Daily Calories From Routine Activity



^{*}Record this number on the worksheet at the end of this lesson.

How Many Calories Do You Burn During Your Daily Exercise?

In addition to your daily routine, as part of the Look AHEAD program you are striving to add 175 minutes per week of exercise to your routine. You have been encouraged to exercise at a moderate intensity so that the activity makes you breathe a little harder and your heart rate increases. However, your exercise should not be so hard to make you feel exhausted by the end of your exercise. A comfortable brisk walk will be enough to help you lose weight and increase your fitness. How many calories do you think that you burn during this type of exercise? For every 20 minutes of structured exercise that you do you will expend about 100 calories, and for every 30 minutes of structured exercise you will expend about 150 calories.

Estimate the number of calories you burn in exercise:

I exercise for _____ minutes each day, and this results in me burning an extra ____ calories each day. (This does not count your normal household and work activity.)

20 minutes = 100 calories

30 minutes = 150 calories

60 minutes = 300 calories

Will I lose Weight if I Don't Exercise but Still Reduce the Amount of Food that I Eat?

Ideally, as you try to make changes that will decrease your body weight, the best thing to do is to modify both your eating and activity behaviors. Again, consider the example of the 200-pound women described earlier. Her resting metabolic rate was about 1585 calories per day. She will also expand an additional 475 calories in her normal daily routine; however, she does not do any exercise. The total number of calories that she will burn each day is 2060 calories.

^{*}Record this number on the worksheet at the end of this lesson.

The minimum number of calories that we recommend that you eat in the Look AHEAD study is 1200 calories per day. If our 45-year old women eats 1200 calories each day, every day she will burn about 860 calories more than she eats. So, if one pound is equal to 3500 calories, this will mean that it will take her about 4 days to lose 1 pound. Below is an example of how we calculated this.

3500 calorie for one pound \div 860 calorie difference = 4 days to lose 1 pound Note: If she is losing weight slower than this, that would mean that she is probably eating more than 1200 calories per day.

Now, let's assume that this same person becomes more active by taking a 30 minute brisk walk for exercise every day. This will add an extra 150 calories each day. By adding this level of activity to her daily routine, it will only take her about 3 days to lose 1 pound, which means that she will lose about 2 pounds every week.

Keep in mind the following as you work to lose more weight and maintain your weight loss:

• Becoming more active and exercising every day, you can really improve your weight loss. It can also help you to maintain your weight loss. Remember, as we showed you earlier, your resting metabolic rate will go down by about 100-300 calories as you lose weight, depending on how much weight you lose. By becoming more active during the day and by exercising, you can make up for this, and you can continue to lose weight. If you are not very active and do not exercise your weight loss will slow down.



 One thing that you need to keep in mind when estimating how decreasing your intake and increasing your activity will impact on you body weight is that "accuracy" matters. So, be sure that you are as accurate as possible when measuring your portion sizes and recording the amount of food that you eat.

To assist you with understanding what your calorie intake needs, complete the following worksheet.

DETERMINING YOUR ENERGY BALANCE NEEDS

How many calories do you burn each day?												
*Daily Resting Metabolic Rate: *Calories burned in daily routing activity:												
*Calories burned in daily routine activity:												
*Calories burned in daily exercise:												
Total Daily Energy Expenditure												
(Add resting metabolic rate, routine activity, and exercise)												
*You estimated these values earlier in this lesson.												
On average, what is the number of calories that you consume per day? *For best results, weigh and measure all the food that you eat!*												
What is the difference between the calories you burn and the calories you eat?												
ily Energy Expenditure - Calories Eaten Each Day = Calorie Difference =												
Based on this difference, how many days will it take you to lose 1 pound?												
3500 Calories ÷ Calorie Difference = Days to Lose 1 Pound =												

5. Based on this difference, how many days will it take you to lose 2 pounds?

7000 Calories	÷ Calorie Difference	= Days to Lose 2 Pound
	· · ·	=

NOTE: These are estimates. If you are not losing weight you should check to make sure that your calorie intake is correct. This means that you need to accurately weigh and measure all of the food that you eat using a scale and measuring cups.

Developing your Own Personalized Maintenance Plan

One of the obvious differences in this phase of the Look AHEAD program is that the frequency of meetings is reducing to twice a month (with one individual meeting each month). Many people find that moving to less frequent meetings can make it harder to stick with their behavior change efforts. They worry how they will continue to be successful. Other people are eager to try things out on their own a bit more than they were doing before. You may fall into one of these two groups. No matter which group you are in, it will be important to develop your own personal maintenance routine to help you maintain your progress and to **learn the skill of weight maintenance**.

- ✓ It is helpful to **identify a time each week to review** how your week has gone. We do this regularly in group meetings and in your individual sessions. Now that you will have a week in which you have no group or individual session, it will be important to find a time for you to **review your progress on your own**. We suggest that you find a time that you can commit to sitting down and looking over your Keeping Track and graphing your weight. You might want to consider doing this on the day and at the time your group would meet.
- ✓ Pick your "early warning weight" and use this weight to help you gauge when you need to kick back into high gear with your weight loss efforts. Your early warning weight should be your current weight if your weight loss goal is maintenance (your current weight should also be your early warning weight if you have a weight loss goal!). When you notice that your weight has been creeping up and is over your early warning weight, you will want to take IMMEDIATE steps to turn this around. As soon as your weight is up, you will want to start carefully monitoring, make sure you are following your calorie goals, and increase your physical activity. Use your problem solving skills to help you come up with a plan to prevent weight regain.

- ✓ Consider increasing your physical activity above the study goal of 175 minutes/week during the maintenance phase. Research has shown that the people who are the most successful in maintaining their weight loss for long periods of time are VERY active. Many are exercising up to 250 or 280 minutes per week. If you are comfortable doing so, increase your physical activity another 25 minutes. This will help give an extra "cushion" to help you maintain your weight. Make your new exercise goal 200 minutes/week if you think you can make this work in your lifestyle.
- ✓ You may want to **do your weekly review with a buddy or a friend**. Having promised someone else that you will review with them can help increase the chances that you will do what you planned. And social support can help cheer us on when things are going well and help get us cheered up when things are not going so well. Make sure that your weight loss support person understands your challenges and goals, provides constructive help in solving problems, and makes you feel good about your progress. Make a date with a friend from the group, your spouse or another friend or family member who has been supportive. You can do this in person, by phone or by e-mail.

How Will All the Pieces of the Maintenance Program Fit Together?



There are now three parts to your participation in the Look AHEAD program: your group sessions, your individual session and your own maintenance program. All the pieces will work together to help you be successful. Each part is important and they will reinforce one another. You will personalize your eating plans and review your progress and goals in the individual sessions, which will be important in helping you and your group counselor identify what your goals will be. You will learn strategies in group meetings that will help you achieve your personal goals, especially problem solving with the assistance of your fellow group members. Your personal review of your maintenance efforts will allow you to see where you need a bit more work (bring these challenges in to discuss in group and in your individual session!). Your personal review will also give you an idea of what you can share with your other group members so that they can benefit from your successes.



To do next week:

Keep Track

- **❖** Keep track of your weight, calories, fat grams, the minutes you are active, the number of steps you take, and muscle training exercises.
- ❖ Stay under your **calorie and fat gram goals** by using the meal replacements and/or following a meal plan.

Be Active

- Continue to walk (or do something like walking) for at least 175 minutes per week.
- **❖** If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.
- Goal for next week = Average steps/day last week _____+ 250 = _____ steps/day.

Follow Your Personalized Maintenance Plan

- ❖ Weigh yourself and record your weight on the week that you do not come to a Look AHEAD session. We recommend that you consider using the same day and time as you get weighed for your group session.
- ❖ Check your weight to see if it is over your "early warning weight." If you are below that weight, give yourself a pat on the back and keep up the good work. If you are above that weight, it is time for some relapse prevention efforts.
- ❖ Review your Keeping Track to see where you might be eating too many calories or how you might include more meal replacements. Also, look to see how your exercise can be increased. Remember, little changes to get back on track before you've regained a lot of weight will help you maintain better and to feel better about yourself.

Estimated Resting Metabolic Rate for 40-50 Year Old Men.

	Height														
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	I
130	1302	1315	1328	1340	1353	1366	1378	1391	1404	1416	1429	1442	1455	1467	
140	1364	1377	1390	1403	1415	1428	1441	1453	1466	1479	1492	1504	1517	1530	
150	1427	1440	1452	1465	1478	1490	1503	1516	1529	1541	1554	1567	1579	1592	
160	1489	1502	1515	1527	1540	1553	1565	1578	1591	1604	1616	1629	1642	1654	
170	1552	1564	1577	1590	1602	1615	1628	1641	1653	1666	1679	1691	1704	1717	
180	1614	1627	1639	1652	1665	1678	1690	1703	1716	1728	1741	1754	1766	1779	
190	1676	1689	1702	1714	1727	1740	1753	1765	1778	1791	1803	1816	1829	1842	
200	1739	1751	1764	1777	1790	1802	1815	1828	1840	1853	1866	1879	1891	1904	
210	1801	1814	1826	1839	1852	1865	1877	1890	1903	1915	1928	1941	1954	1966	
220	1863	1876	1889	1902	1914	1927	1940	1952	1965	1978	1991	2003	2016	2029	
230	1926	1939	1951	1964	1977	1989	2002	2015	2027	2040	2053	2066	2078	2091	
240	1988	2001	2014	2026	2039	2052	2064	2077	2090	2103	2115	2128	2141	2153	
250	2051	2063	2076	2089	2101	2114	2127	2140	2152	2165	2178	2190	2203	2216	
260	2113	2126	2138	2151	2164	2176	2189	2202	2215	2227	2240	2253	2265	2278	
270	2175	2188	2201	2213	2226	2239	2252	2264	2277	2290	2302	2315	2328	2341	
280	2238	2250	2263	2276	2289	2301	2314	2327	2339	2352	2365	2377	2390	2403	
290	2300	2313	2325	2338	2351	2364	2376	2389	2402	2414	2427	2440	2453	2465	
300	2362	2375	2388	2401	2413	2426	2439	2451	2464	2477	2490	2502	2515	2528	
310	2425	2438	2450	2463	2476	2488	2501	2514	2526	2539	2552	2565	2577	2590	
320	2487	2500	2513	2525	2538	2551	2563	2576	2589	2602	2614	2627	2640	2652	
330	2550	2562	2575	2588	2600	2613	2626	2639	2651	2664	2677	2689	2702	2715	
340	2612	2625	2637	2650	2663	2675	2688	2701	2714	2726	2739	2752	2764	2777	
350	2674	2687	2700	2712	2725	2738	2751	2763	2776	2789	2801	2814	2827	2840	

Estimated Resting Metabolic Rate for 51-60 Year Old Men.

									Height						Height												
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7												
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"													
130	1235	1247	1260	1273	1285	1298	1311	1323	1336	1349	1362	1374	1387	1400													
140	1297	1310	1322	1335	1348	1360	1373	1386	1399	1411	1424	1437	1449	1462													
150	1359	1372	1385	1397	1410	1423	1436	1448	1461	1474	1486	1499	1512	1524													
160	1422	1434	1447	1460	1472	1485	1498	1511	1523	1536	1549	1561	1574	1587													
170	1484	1497	1509	1522	1535	1548	1560	1573	1586	1598	1611	1624	1637	1649													
180	1546	1559	1572	1585	1597	1610	1623	1635	1648	1661	1673	1686	1699	1712													
190	1609	1621	1634	1647	1660	1672	1685	1698	1710	1723	1736	1749	1761	1774													
200	1671	1684	1697	1709	1722	1735	1747	1760	1773	1786	1798	1811	1824	1836													
210	1734	1746	1759	1772	1784	1797	1810	1822	1835	1848	1861	1873	1886	1899													
220	1796	1809	1821	1834	1847	1859	1872	1885	1898	1910	1923	1936	1948	1961													
230	1858	1871	1884	1896	1909	1922	1935	1947	1960	1973	1985	1998	2011	2023													
240	1921	1933	1946	1959	1971	1984	1997	2010	2022	2035	2048	2060	2073	2086													
250	1983	1996	2008	2021	2034	2047	2059	2072	2085	2097	2110	2123	2136	2148													
260	2045	2058	2071	2084	2096	2109	2122	2134	2147	2160	2172	2185	2198	2211													
270	2108	2120	2133	2146	2159	2171	2184	2197	2209	2222	2235	2248	2260	2273													
280	2170	2183	2196	2208	2221	2234	2246	2259	2272	2285	2297	2310	2323	2335													
290	2233	2245	2258	2271	2283	2296	2309	2321	2334	2347	2360	2372	2385	2398													
300	2295	2308	2320	2333	2346	2358	2371	2384	2397	2409	2422	2435	2447	2460													
310	2357	2370	2383	2395	2408	2421	2434	2446	2459	2472	2484	2497	2510	2522													
320	2420	2432	2445	2458	2470	2483	2496	2509	2521	2534	2547	2559	2572	2585													
330	2482	2495	2507	2520	2533	2546	2558	2571	2584	2596	2609	2622	2635	2647													
340	2544	2557	2570	2583	2595	2608	2621	2633	2646	2659	2671	2684	2697	2710													
350	2607	2619	2632	2645	2658	2670	2683	2696	2708	2721	2734	2747	2759	2772													

Estimated Resting Metabolic Rate for 61-70 Year Old Men.

		Height													
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1167	1180	1192	1205	1218	1231	1243	1256	1269	1281	1294	1307	1319	1332	
140	1229	1242	1255	1267	1280	1293	1306	1318	1331	1344	1356	1369	1382	1395	
150	1292	1304	1317	1330	1343	1355	1368	1381	1393	1406	1419	1432	1444	1457	
160	1354	1367	1380	1392	1405	1418	1430	1443	1456	1468	1481	1494	1507	1519	
170	1416	1429	1442	1455	1467	1480	1493	1505	1518	1531	1544	1556	1569	1582	
180	1479	1492	1504	1517	1530	1542	1555	1568	1581	1593	1606	1619	1631	1644	
190	1541	1554	1567	1579	1592	1605	1617	1630	1643	1656	1668	1681	1694	1706	
200	1604	1616	1629	1642	1654	1667	1680	1693	1705	1718	1731	1743	1756	1769	
210	1666	1679	1691	1704	1717	1730	1742	1755	1768	1780	1793	1806	1818	1831	
220	1728	1741	1754	1766	1779	1792	1805	1817	1830	1843	1855	1868	1881	1894	
230	1791	1803	1816	1829	1842	1854	1867	1880	1892	1905	1918	1931	1943	1956	
240	1853	1866	1879	1891	1904	1917	1929	1942	1955	1967	1980	1993	2006	2018	
250	1915	1928	1941	1954	1966	1979	1992	2004	2017	2030	2043	2055	2068	2081	
260	1978	1991	2003	2016	2029	2041	2054	2067	2080	2092	2105	2118	2130	2143	
270	2040	2053	2066	2078	2091	2104	2116	2129	2142	2155	2167	2180	2193	2205	
280	2103	2115	2128	2141	2153	2166	2179	2192	2204	2217	2230	2242	2255	2268	
290	2165	2178	2190	2203	2216	2229	2241	2254	2267	2279	2292	2305	2317	2330	
300	2227	2240	2253	2265	2278	2291	2304	2316	2329	2342	2354	2367	2380	2393	
310	2290	2302	2315	2328	2341	2353	2366	2379	2391	2404	2417	2430	2442	2455	
320	2352	2365	2378	2390	2403	2416	2428	2441	2454	2466	2479	2492	2505	2517	
330	2414	2427	2440	2453	2465	2478	2491	2503	2516	2529	2542	2554	2567	2580	
340	2477	2490	2502	2515	2528	2540	2553	2566	2579	2591	2604	2617	2629	2642	
350	2539	2552	2565	2577	2590	2603	2615	2628	2641	2654	2666	2679	2692	2704	

Estimated Resting Metabolic Rate for 71-80 Year Old Men.

									Height						
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1099	1112	1125	1138	1150	1163	1176	1188	1201	1214	1227	1239	1252	1265	
140	1162	1175	1187	1200	1213	1225	1238	1251	1263	1276	1289	1302	1314	1327	
150	1224	1237	1250	1262	1275	1288	1300	1313	1326	1339	1351	1364	1377	1389	
160	1287	1299	1312	1325	1337	1350	1363	1376	1388	1401	1414	1426	1439	1452	
170	1349	1362	1374	1387	1400	1412	1425	1438	1451	1463	1476	1489	1501	1514	
180	1411	1424	1437	1449	1462	1475	1488	1500	1513	1526	1538	1551	1564	1577	
190	1474	1486	1499	1512	1525	1537	1550	1563	1575	1588	1601	1613	1626	1639	
200	1536	1549	1561	1574	1587	1600	1612	1625	1638	1650	1663	1676	1689	1701	
210	1598	1611	1624	1637	1649	1662	1675	1687	1700	1713	1726	1738	1751	1764	
220	1661	1674	1686	1699	1712	1724	1737	1750	1762	1775	1788	1801	1813	1826	
230	1723	1736	1749	1761	1774	1787	1799	1812	1825	1838	1850	1863	1876	1888	
240	1786	1798	1811	1824	1836	1849	1862	1875	1887	1900	1913	1925	1938	1951	
250	1848	1861	1873	1886	1899	1911	1924	1937	1950	1962	1975	1988	2000	2013	1
260	1910	1923	1936	1948	1961	1974	1987	1999	2012	2025	2037	2050	2063	2076	1
270	1973	1985	1998	2011	2024	2036	2049	2062	2074	2087	2100	2112	2125	2138	
280	2035	2048	2060	2073	2086	2099	2111	2124	2137	2149	2162	2175	2188	2200	1
290	2097	2110	2123	2136	2148	2161	2174	2186	2199	2212	2225	2237	2250	2263	1
300	2160	2173	2185	2198	2211	2223	2236	2249	2261	2274	2287	2300	2312	2325	1
310	2222	2235	2248	2260	2273	2286	2298	2311	2324	2337	2349	2362	2375	2387	1
320	2285	2297	2310	2323	2335	2348	2361	2374	2386	2399	2412	2424	2437	2450	1
330	2347	2360	2372	2385	2398	2410	2423	2436	2449	2461	2474	2487	2499	2512	
340	2409	2422	2435	2447	2460	2473	2486	2498	2511	2524	2536	2549	2562	2575	
350	2472	2484	2497	2510	2523	2535	2548	2561	2573	2586	2599	2611	2624	2637	

Estimated Resting Metabolic Rate for 40-50 Year Old Women.

									Height						
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1261	1266	1271	1275	1280	1285	1289	1294	1299	1303	1308	1313	1318	1322	
140	1304	1309	1314	1318	1323	1328	1332	1337	1342	1346	1351	1356	1361	1365	
150	1347	1352	1356	1361	1366	1371	1375	1380	1385	1389	1394	1399	1403	1408	
160	1390	1395	1399	1404	1409	1413	1418	1423	1428	1432	1437	1442	1446	1451	
170	1433	1438	1442	1447	1451	1456	1461	1466	1470	1475	1480	1485	1489	1494	
180	1476	1481	1485	1490	1494	1499	1504	1509	1513	1518	1523	1528	1532	1537	
190	1519	1523	1528	1533	1537	1542	1547	1552	1556	1561	1566	1570	1575	1580	
200	1562	1566	1571	1576	1580	1585	1590	1595	1599	1604	1609	1613	1618	1623	
210	1605	1609	1614	1619	1623	1628	1633	1637	1642	1647	1652	1656	1661	1666	
220	1648	1652	1657	1662	1666	1671	1676	1680	1685	1690	1694	1699	1704	1709	
230	1690	1695	1700	1705	1709	1714	1719	1723	1728	1733	1737	1742	1747	1752	
240	1733	1738	1743	1747	1752	1757	1762	1766	1771	1776	1780	1785	1790	1794	
250	1776	1781	1786	1790	1795	1800	1804	1809	1814	1819	1823	1828	1833	1837	
260	1819	1824	1829	1833	1838	1843	1847	1852	1857	1861	1866	1871	1876	1880	1
270	1862	1867	1872	1876	1881	1886	1890	1895	1900	1904	1909	1914	1919	1923	
280	1905	1910	1914	1919	1924	1929	1933	1938	1943	1947	1952	1957	1961	1966	
290	1948	1953	1957	1962	1967	1971	1976	1981	1986	1990	1995	2000	2004	2009	
300	1991	1996	2000	2005	2009	2014	2019	2024	2028	2033	2038	2043	2047	2052	
310	2034	2039	2043	2048	2052	2057	2062	2067	2071	2076	2081	2086	2090	2095	
320	2077	2081	2086	2091	2095	2100	2105	2110	2114	2119	2124	2128	2133	2138	
330	2120	2124	2129	2134	2138	2143	2148	2153	2157	2162	2167	2171	2176	2181	
340	2163	2167	2172	2177	2181	2186	2191	2195	2200	2205	2210	2214	2219	2224	
350	2206	2210	2215	2220	2224	2229	2234	2238	2243	2248	2253	2257	2262	2267	

Estimated Resting Metabolic Rate for 51-60 Year Old Women.

									Height						
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1214	1219	1224	1229	1233	1238	1243	1247	1252	1257	1261	1266	1271	1276	
140	1257	1262	1267	1271	1276	1281	1286	1290	1295	1300	1304	1309	1314	1318	
150	1300	1305	1310	1314	1319	1324	1328	1333	1338	1343	1347	1352	1357	1361	
160	1343	1348	1353	1357	1362	1367	1371	1376	1381	1386	1390	1395	1400	1404	
170	1386	1391	1396	1400	1405	1410	1414	1419	1424	1428	1433	1438	1443	1447	
180	1429	1434	1438	1443	1448	1453	1457	1462	1467	1471	1476	1481	1485	1490	
190	1472	1477	1481	1486	1491	1495	1500	1505	1510	1514	1519	1524	1528	1533	
200	1515	1520	1524	1529	1534	1538	1543	1548	1553	1557	1562	1567	1571	1576	
210	1558	1563	1567	1572	1576	1581	1586	1591	1595	1600	1605	1610	1614	1619	
220	1601	1605	1610	1615	1619	1624	1629	1634	1638	1643	1648	1652	1657	1662	
230	1644	1648	1653	1658	1662	1667	1672	1677	1681	1686	1691	1695	1700	1705	
240	1687	1691	1696	1701	1705	1710	1715	1719	1724	1729	1734	1738	1743	1748	
250	1730	1734	1739	1744	1748	1753	1758	1762	1767	1772	1777	1781	1786	1791	
260	1772	1777	1782	1787	1791	1796	1801	1805	1810	1815	1819	1824	1829	1834	
270	1815	1820	1825	1829	1834	1839	1844	1848	1853	1858	1862	1867	1872	1876	
280	1858	1863	1868	1872	1877	1882	1886	1891	1896	1901	1905	1910	1915	1919	
290	1901	1906	1911	1915	1920	1925	1929	1934	1939	1944	1948	1953	1958	1962	
300	1944	1949	1954	1958	1963	1968	1972	1977	1982	1986	1991	1996	2001	2005	
310	1987	1992	1996	2001	2006	2011	2015	2020	2025	2029	2034	2039	2043	2048	
320	2030	2035	2039	2044	2049	2053	2058	2063	2068	2072	2077	2082	2086	2091	
330	2073	2078	2082	2087	2092	2096	2101	2106	2111	2115	2120	2125	2129	2134	
340	2116	2121	2125	2130	2134	2139	2144	2149	2153	2158	2163	2168	2172	2177	
350	2159	2163	2168	2173	2177	2182	2187	2192	2196	2201	2206	2210	2215	2220	

Estimated Resting Metabolic Rate for 61-70 Year Old Women.

									Height						
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	-
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1168	1172	1177	1200	1186	1191	1196	1201	1205	1210	1215	1219	1224	1229	
140	1211	1215	1220	1243	1229	1234	1239	1244	1248	1253	1258	1262	1267	1272	
150	1254	1258	1263	1286	1272	1277	1282	1286	1291	1296	1301	1305	1310	1315	
160	1296	1301	1306	1329	1315	1320	1325	1329	1334	1339	1343	1348	1353	1358	
170	1339	1344	1349	1372	1358	1363	1368	1372	1377	1382	1386	1391	1396	1400	
180	1382	1387	1392	1415	1401	1406	1411	1415	1420	1425	1429	1434	1439	1443	
190	1425	1430	1435	1458	1444	1449	1453	1458	1463	1468	1472	1477	1482	1486	
200	1468	1473	1478	1501	1487	1492	1496	1501	1506	1510	1515	1520	1525	1529	
210	1511	1516	1520	1544	1530	1535	1539	1544	1549	1553	1558	1563	1567	1572	
220	1554	1559	1563	1587	1573	1577	1582	1587	1592	1596	1601	1606	1610	1615	
230	1597	1602	1606	1630	1616	1620	1625	1630	1635	1639	1644	1649	1653	1658	
240	1640	1645	1649	1672	1658	1663	1668	1673	1677	1682	1687	1692	1696	1701	
250	1683	1687	1692	1715	1701	1706	1711	1716	1720	1725	1730	1734	1739	1744	
260	1726	1730	1735	1758	1744	1749	1754	1759	1763	1768	1773	1777	1782	1787	
270	1769	1773	1778	1801	1787	1792	1797	1802	1806	1811	1816	1820	1825	1830	
280	1812	1816	1821	1844	1830	1835	1840	1844	1849	1854	1859	1863	1868	1873	
290	1854	1859	1864	1887	1873	1878	1883	1887	1892	1897	1901	1906	1911	1916	
300	1897	1902	1907	1930	1916	1921	1926	1930	1935	1940	1944	1949	1954	1958	
310	1940	1945	1950	1973	1959	1964	1969	1973	1978	1983	1987	1992	1997	2001	
320	1983	1988	1993	2016	2002	2007	2011	2016	2021	2026	2030	2035	2040	2044	
330	2026	2031	2036	2059	2045	2050	2054	2059	2064	2068	2073	2078	2083	2087	
340	2069	2074	2078	2102	2088	2093	2097	2102	2107	2111	2116	2121	2125	2130	
350	2112	2117	2121	2145	2131	2136	2140	2145	2150	2154	2159	2164	2168	2173	

Estimated Resting Metabolic Rate for 71-80 Year Old Women.

									Height						
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	7
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	
130	1121	1126	1130	1135	1140	1144	1149	1154	1159	1163	1168	1173	1177	1182	
140	1164	1169	1173	1178	1182	1187	1192	1197	1201	1206	1211	1216	1220	1225	
150	1207	1211	1216	1221	1225	1230	1235	1240	1244	1249	1254	1258	1263	1268	
160	1250	1254	1259	1264	1268	1273	1278	1283	1287	1292	1297	1301	1306	1311	
170	1293	1297	1302	1307	1311	1316	1321	1326	1330	1335	1340	1344	1349	1354	
180	1336	1340	1345	1350	1354	1359	1364	1368	1373	1378	1383	1387	1392	1397	
190	1378	1383	1388	1393	1397	1402	1407	1411	1416	1421	1425	1430	1435	1440	
200	1421	1426	1431	1435	1440	1445	1450	1454	1459	1464	1468	1473	1478	1482	
210	1464	1469	1474	1478	1483	1488	1493	1497	1502	1507	1511	1516	1521	1525	
220	1507	1512	1517	1521	1526	1531	1535	1540	1545	1550	1554	1559	1564	1568	
230	1550	1555	1560	1564	1569	1574	1578	1583	1588	1592	1597	1602	1607	1611	
240	1593	1598	1602	1607	1612	1617	1621	1626	1631	1635	1640	1645	1649	1654	
250	1636	1641	1645	1650	1655	1660	1664	1669	1674	1678	1683	1688	1692	1697	
260	1679	1684	1688	1693	1698	1702	1707	1712	1717	1721	1726	1731	1735	1740	
270	1722	1727	1731	1736	1740	1745	1750	1755	1759	1764	1769	1774	1778	1783	
280	1765	1769	1774	1779	1783	1788	1793	1798	1802	1807	1812	1816	1821	1826	
290	1808	1812	1817	1822	1826	1831	1836	1841	1845	1850	1855	1859	1864	1869	
300	1851	1855	1860	1865	1869	1874	1879	1884	1888	1893	1898	1902	1907	1912	
310	1894	1898	1903	1908	1912	1917	1922	1926	1931	1936	1941	1945	1950	1955	
320	1936	1941	1946	1951	1955	1960	1965	1969	1974	1979	1983	1988	1993	1998	
330	1979	1984	1989	1994	1998	2003	2008	2012	2017	2022	2026	2031	2036	2040	
340	2022	2027	2032	2036	2041	2046	2051	2055	2060	2065	2069	2074	2079	2083	
350	2065	2070	2075	2079	2084	2089	2093	2098	2103	2108	2112	2117	2122	2126	

Session 27: How Much Physical Activity Should I Do?

The Look AHEAD Weight Loss Program is designed to help you change **both** your eating habits and your physical activity. This combination has been shown to be most effective for long-term weight loss and maintenance. But how much physical activity do you need to do?



So far in the program we have encouraged you to gradually increase your activity to 175 minutes/week. We have focused on activities similar in intensity to brisk walking and encouraged you to be active on at least 5 days in the week. If you have not yet reached the level of 175 minutes/week, we will work with you to achieve this goal. But what if you are already doing 175 minutes/week? This is certainly a great start, but increasing your activity even further may help you maintain your weight loss.

Physical Activity in Successful Weight Loss Maintainers

To learn more about the amount of physical activity you should do to maintain your weight loss, researchers have begun to study people who were able to lose weight. The National Weight Control Registry is a registry of over 3,000 individuals who have lost at least 30 lb. and kept it off at least 1 year. On average, the individuals in the registry have lost over 60 lb. and kept it off more than 6 years. So, by anyone's standards, they are clearly successful.

How do they do it? They maintain their weight losses by continuing to eat a low calorie, low fat diet (as we are teaching you to do) and by continuing to be physically active. They report doing <u>high levels</u> of physical activity. On average, registry members report expending about 2800 calories/week in activity. That would be equivalent to walking 4 miles every day of the week or doing about 60 to 90 minutes of activity each day.

Sounds like a lot – doesn't it? Well, they didn't get there overnight. Most started by doing just small amounts of activity and gradually increased their activity to

higher levels. About half of registry members report doing a combination of both walking and some other form of activity (bicycling, weight lifting, and aerobics are popular) and another 25% report doing just walking (but a lot of it).

Based on the National Weight Control Registry (NWCR) data, other researchers have started asking about what level of physical activity is related to the best maintenance of weight loss. One researcher compared participants who is physically active less than 150 minutes/week, between 150 to 200 minutes/week, or more than 200 minutes/week. The group that did more than 200 minutes/week had the best long-term results. So 175 minutes is good, but 200 is probably better, and 240 is even better! Remember you do <u>not</u> have to get there all at once – just keep aiming a little higher and higher.

Why does it take so Much physical activity to Maintain Weight Loss?

This is an interesting question. In part, it takes a lot of physical activity to balance out the amount we eat. It is a trade-off; either we need to keep cutting back the calories we take in, or we need to keep higher energy expenditure to balance it out. Secondly, 200-300 minutes may just sound like a lot because our lives have become so sedentary. In the past, we probably did high levels of physical activity in our daily chores and through activities such as walking rather than driving. We didn't have to set aside time for the purpose of being active, because we were active throughout much of the day (probably much more than 1 hour/day!)

"There is no Way I can do More Physical Activity"

We know that many of you probably feel you have no time for physical activity. But that was true for people in the NWCR too. They just gradually found an extra 15 minutes here and there to increase their activity. And the most important part was they found that they loved it. Many NWCR members report that the biggest change in their life has been going from a couch potato to being physically active – and loving it!

Getting Motivated be Physically Active

Look AHEAD recognizes that getting motivated to be physically activity can be tough, so periodically we will hold Physical Activity Campaigns. In these Campaigns, the 20 Look AHEAD centers will compete against each other to see who can achieve the highest levels of physical activity —prizes will be given.

We need to get our center ready for such events. So, we are about to begin a "practice" or "warm-up event" called **STRIVE FOR 35**. The details are described below.

- ✓ <u>Strive for 35</u> will start today at our group meeting and last 4 weeks. We have figured out how many minutes of activity/week each participant in the group averaged last month (based on the diaries you turned in) and the average for the group as a whole.
- ✓ The goal is for each person to increase his or her activity level by 35 minutes/week. That is just 5 minutes/day! If everyone does his/her part and increases his/her activity by 35 minutes/week, then the group average will also increase by 35 minutes/week. You should write down your minutes of activity in your diary each day and bring all your diaries to your individual and group meetings.
- ✓ The group leaders will tally the number of minutes of activity you report. Remember to count only activities similar in intensity to brisk walking. (Note: If you do not bring in you diary, we will have to assume you did zero minutes of activity!) Participants who increase their activity by 35 minutes or more/week (averaged over the month) will receive a Look AHEAD prize.





To do next week:

Keep Track

- **❖** Keep track of your weight, calories, fat grams, the minutes you are active, and the number of steps you take.
- ❖ Stay under your calorie goals by using the meal replacements and a meal plan.

Be Active

- * Walk (or do something like walking) for at least 175 minutes per week.
- **❖** Try increasing your activity level by adding another 5 minutes each day. It will add up... STRIVE FOR 35 next week!
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ During structured activity, stay within your **target heart rate range.**
- ❖ Add 250 steps per day until you reach 10,000/day.
 Goal for next week =
 Average steps/day last week _____+ 250 = _____ steps/day.

Follow Your Personalized Maintenance Plan

- ❖ Weigh yourself and record your weight on the week that you do not come to a Look AHEAD session. We recommend that you consider using the same day and time as you get weighed for your group session.
- ❖ Check your weight to see if it is over your "early warning weight." If you are below that weight, give yourself a pat on the back and keep up the good work. If you are above that weight, it is time for some relapse prevention efforts.
- ❖ Review your Keeping Track to see where you might be eating too many calories or how you might include more meal replacements. Also, look to see how your physical activity can be increased. Remember, little changes to get back on track before you've regained a lot of weight will help you maintain better and to feel better about yourself.



Strive for 35



Name:		
Minutes/week of	luring prior mont	h: Month: Minutes:
_		week to your activity level. This means r day for the 7 days in the week!
Your goal for the	nis month: Min	utes/week:
	Dates	Total Minutes of Activity
Week 1		
Week 2		
Week 3		
Week 4		
	Average	

We are hoping that ALL participants at ALL the Look AHEAD Centers will achieve their **Strive for 35** Activity Goal! Prizes will be given to those who succeed!





Session 28: How Are You Doing?



Before the next one-on-one session, answer the following:

Questio	ns to ask my Co	unselor•		
Questio	ns to ask my Co	unscioi.		
				

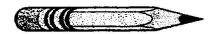
Session 28: Monthly Progress Report

-•	The	e weight manag	ement goal I selected last month was: (C	omplete A or B only.)
	C.	Weight Loss: I weight of	wanted to lose lb in the next 6 months. lb.	This would take me to a
	D.	Weight Mainte in the next mor	enance: I wanted to keep my weight stable lath.	between lb and lb
			nation of the progress that you made in acover the last month? Check one:	chieving this weight
		Made	no progress	
		Made		
		Made	good progress	
			excellent progress	
		aggramant goolg		
	follo	owed regularly. haviors I Tried Last Month	Check (on the left hand side of the page)	Behaviors I Will Try Follow This Month
	follo	owed regularly. Chaviors I Tried Last Month		Behaviors I Will Try
	follo	owed regularly. Chaviors I Tried Last Month	Eat three meals a day	Behaviors I Will Try
	follo	owed regularly. Chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals	Behaviors I Will Try
	follo	haviors I Tried Last Month	Eat three meals a day	Behaviors I Will Try
	follo	owed regularly. Chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals	Behaviors I Will Try Follow This Month
	follo	owed regularly. Chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in \geq 175 min physical activity/wk	Behaviors I Will Try Follow This Month
	follo	chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to ≥ 10,000/day)	Behaviors I Will Try Follow This Month
	follo	chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to $\geq 10,000/\text{day}$) Record daily activity and steps	Behaviors I Will Try Follow This Month
	follo	chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to ≥ 10,000/day) Record daily activity and steps Weight myself weekly or more often	Behaviors I Will Try Follow This Month
	follo	chaviors I Tried Last Month	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to $\geq 10,000/\text{day}$) Record daily activity and steps	Behaviors I Will Try Follow This Month

4. How successful were you in practicing these behaviors?

5.	Which behaviors have you practiced the most?
6.	Which behaviors have you changed the least?
7.	Please describe your success with any special weight management plans you practiced last month.
F(OR NEXT MONTH:
1.	Please indicate your weight management goal for the next month.
	My weight management goal for the next (one) month is: (Choose A or B only.)
	A. Weight Loss: I want to lose lb during the next month. This would take me to a weight of lb.
	B. Weight Maintenance: I want to keep my weight stable between lb and lb during the next month.
2.	Please check all of the behaviors (on the right hand side of the previous page) that you plan to use in the next month to meet your weight management goal.
3.	Please describe the special problems that you will work on during the next month and

your plans for tackling it.



To do next week:

Do your best to reach the goal you set.

Keep Track

- Keep track of your weight, calories, fat grams, the minutes you are active, steps, and muscle training physical activities.
- Stay under your calorie and fat gram goals using the meal replacements and meal plan.

Be Active

- Increase your activity to at least 175 minutes per week.
- Strive for 35 ... try increasing your activity by 35 minutes for the next week. Strive for 35 Campaign will end at the next group session.
- Warm up, cool down, and do the stretches you've learned.
- Add 250 steps per day to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + ____ steps/day
- On at least three days this week, do the muscle training physical activities.

continued on the next page

Make a plan for how active you will be next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total minutes for the week	(175 minutes or more):	

Bring your completed Keeping Track, graphs, and notebook to every session. Don't forget to bring your Volumetrics book to the next session.



Session 29: Ways to Keep Your Calorie Intake Within Your Maintenance Goal

Now that you have set your calorie goals for maintenance, we will explain some special ways to help you maintain your calorie intake within those limits. One effective strategy is to **select a mix of foods according to their caloric density**. The other strategy is to use **structured meals**, a strategy with which you are already familiar.

How to eat fewer calories without getting hungry

Research studies have shown that people tend to eat the same amount or volume of food each day. It is the amount of food in your stomach that determines how full you feel.

This means that, when trying to maintain your new weight, if you try to rely on EATING LESS, you may be left feeling hungry. This will make it harder to stick to your calorie goals and that, in turn, may make it harder for you to maintain your weight.

The research studies have shown that the best way to control the calories that you eat is by eating **MORE** foods low in calories and **FEWER** high calorie foods. This will leave you feeling full and satisfied but without the excess calories.

Caloric Density (CD)

The number of calories in a given weight or volume of food is known as CALORIC DENSITY (CD).

This can be written: <u>Number or calories</u>

Weight of food

For example: One medium Apple weighs about 140 grams and has

about 60 calories. Therefore, the Caloric Density of

the apple would be:

 $60 \div 140 = 0.40$



Let's say you had a large apple pie, sixteen inches across. The total weight of this pie is 1100 grams. If you cut this pie into 8 pieces each one would weigh about 140 grams and have about 360 calories



Therefore the Caloric Density of the slice apple pie would be:

$$360 \div 140 = 2.60$$

The Caloric Density of the apple pie is a lot higher than the apples it was made from. The higher Caloric Density of the pie means that if you ate the same volume or amount of apple pie as apples, you wouldn't feel any fuller but you would have consumed **MANY MORE** calories.

Put another way, you would have to eat **6** apples to get the same number of calories as **one** slice of the pie. Most of us would feel fuller eating the 6 apples. In fact, few of us would be able to eat 6 apples after dinner. The point is that we could eat one or two apples after dinner and probably feel just as full but you would have consumed only a small fraction of the calories that are in a single slice of apple pie! More volume for your calories!!!



Eating PLENTY of low Caloric Density foods will help you feel full and help you control the number of calories that you eat each day. This will provide you with a way of eating that is satisfying and filling but low in calories.

Now this doesn't mean eating only apples and never having apple pie again. There are other differences between apples and apple pie. For example, many of us have a sweet tooth. Feeling satisfied can be more than just the volume or how full your stomach feels. But there are ways that you can make lower calorie density work to help you feel more satisfied even if you have a sweet tooth. Think about what fruits taste really good to you – good and sweet and satisfying. Try mixing some of those fruits with your apple or eating them instead of that slice of apple pie.

And you can look forward to sweet desserts like apple pie, eating them less often and in smaller portion sizes. The bottom line is that if **MOST** of your diet is made up of low Caloric Density foods, with only occasional high Caloric Density foods, you will be less likely to eat too many calories. This will help you maintain your weight loss without feeling as though you are deprived.

Categories of Caloric Density

VERY LOW	LOW	MEDIUM	HIGH
CD less than 0.6	CD 0.6 - 1.5	CD 1.5 - 4.0	CD > 4.0
Examples:Most fruits and vegetablesSkim milkBroth based soups	 Examples: Cooked grains Breakfast cereals Low fat meats Beans 	Examples:MeatsCheesesSalad dressingsSome snack foods	Examples:

What do you th	ink makes a fo	ood low in C	aloric Dens	ity?	
What do you th	ink makes a fo	ood high in (Caloric Dens	sity?	

For a filling diet that helps you feel less hungry, choose most of your foods from the very low and low Caloric Density categories, fewer foods from the medium category and only a few foods from the high Caloric Density category. Think for a minute about what types of foods you think have a low, medium or high Caloric Density?

Using the foods listed below, pick out the caloric density of each one.

Food	Very Low	Low	Medium	High
Apple				
Tortilla chips				
Tomato Juice				
Raw carrots				
Grilled skinless chicken breast				
Candy				
Red Beans and Rice				
Graham Crackers				
Pretzels				
Whole wheat bread				
Broiled lean sirloin				
Oatmeal				
Cooked white rice				
Fried pork rinds				
Spaghetti with white sauce				
Spaghetti with red sauce				
Coca Cola, Dr. Pepper, etc.				
Tuna canned in water				
Crystal Lite, Diet Coke, etc.				

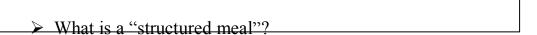
Think about some foods and beverages that you enjoy. What do you think their Caloric Density would be? How often do you think you should eat them, daily, weekly, only occasionally, daily but in very small amounts?

Caloric Density	Frequency
Category	
Very low Caloric	As often as I like
Density	
High Caloric Density	A couple of times a
	week in small
	amounts.
Medium Caloric	
Density	
High Caloric Density	
	Category Very low Caloric Density High Caloric Density Medium Caloric Density



Sodas and other beverages with sugar in them (e.g., colas, sweet tea, Kool Aid, Gatorade, etc) can be fairly low in calorie density because the calories are low ounce for ounce – but we tend to drink so much of them that these beverages can be a source of lots of "hidden" calories. So it will help you keep within your calorie limits if you drink these only in small amounts and have them only once in a while. Substitute water, diet sodas, unsweetened tea (you can add non-caloric sweetener!) or flavored, non-caloric seltzers.

Another way to help keep your calorie intake in your maintenance goal range is to use structured meals.



- ♦ A meal or snack that defines exactly what foods and food portions to eat
- ♦ Could involve:



- a meal plan (for example, a listing of items to have for dinner, preparing a home cooked meal following a Look AHEAD recipe, etc.)
- a prepared meal (a frozen dinner or a breakfast drink)
- meal replacements (for example, a Slim Fast shake or bar)
- ➤ How do structured meals help with weight maintenance?
 - ♦ Structured meals limit choice, reduce temptation, and control your portion sizes for you all of which can make it easier to stick with your diet.
 - ◆ The more people are exposed to a wide variety of different foods, the *hungrier* they get and more they want to eat.
 - ♦ Research shows that long-term use of 1-2 meal replacements per day really improves eating control and long-term maintenance of weight loss.

Simply replacing lunch (and perhaps a snack) every day with a meal replacement can save several hundreds of calories per day – and can make **the difference between maintaining the weight you've lost or gaining weight.**

- ➤ Which type of structured meal option should I use?
 - ◆ Meals and snacks range from the highly unstructured to the highly structured. For example:

Highly ------ Highly Unstructured Structured

Restaurant Home. A Written Store-bought Liquid Buffet Cooked meal Meal plan Frozen dinner Shake



- Imagine what you might eat in the 5 different meal scenarios listed above. If you are like most people, odds are that you would eat too many calories at the restaurant buffet but would be able to stick within your calorie goals if you ate the pre-packaged frozen dinner or followed a written meal plan. Thus, the more structured your food choices and portion size, the better your chances of staying within your goal!!
- As you move from the left side of this range to the right side, the amount of structure in the meal gets greater. You can see that several of the approaches to structured meals that we have talked about are on this continuum. Which one is right for you? Pick the choice closest to the right side that you think you will be able to maintain in your lifestyle.
- Remember, if you have a slip and your weight goes up, that is a sign that you should consider moving at least one step over to the right on this continuum.

➤ How do you get structured meals to suit your tastes and food preferences?	

- Refer to the Look AHEAD structured meal plans. Do you see one that
 has some of your favorite foods on it? If so, then try that out. If you
 don't see one with your favorite foods on it, work with your group leader
 or the Look AHEAD nutritionist to include some of your favorite foods
 in your structured meal plan. Remember to include lots of foods of low
 caloric density!
- Remember, one of the pitfalls of a structured meal plan is that people who rely on meal plans that don't include the foods that they like to eat are more likely to end up going off the plan. Don't set yourself up for failure!! Make sure you plan your meals so that you can REALLY follow them. Also remember that this may take a little tinkering with before you find the best plan for you and your lifestyle. Work with it so that you can improve your chances for successful maintenance!

WHAT WE SUGGEST is that you use a shake or bar to replace one meal per day and one snack per day. If you think this will not work for you, move to the next most structured option with which you are comfortable (this would mean choosing one of the options to the left of the liquid shake on the continuum above). So, for example, if you feel that using the liquid shake for one meal a day will not work for you, you might decide to follow a written meal plan for one meal per day and have one bar per day to replace a snack.

• Do not forget to bring your Volumetrics book with you to the next session.



To do next week:

Keep Track

- ***** Keep track of your weight, calories, fat grams, the minutes you are active, the number of steps you take, and muscle training physical activities.
- ❖ Stay under your **calorie and fat gram goals** by using the meal replacements and/or following a meal plan.
- **❖** Try to eat foods that are **very low, low, and medium calorie density** with only **occasional high calorie density foods.**

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- **❖** Final week for Strive for 35 Try to increase your activity level by adding 5 minutes more each day (it all adds up!).
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ During structured activity, stay within your **target heart rate range.**
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.
- ❖ Goal for next week = Average steps/day last week ____+ 250 = ____ steps/day.
- ❖ On at least 3 days next week, do the **muscle training physical activities** you were given.

Follow your Personalized Maintenance Plan:

- ❖ Weigh yourself and record your weight on the week that you do not come to a Look AHEAD session. We recommend that you consider using the same day and time as you get weighed for your group session.
- ❖ Check your weight to see if it is over your "early warning weight." If you are below that weight, give yourself a pat on the back and keep up the good work. If you are above that weight, it is time for some relapse prevention efforts.
- * Review your Keeping Track to see where you might be eating too many calories or how you might include more meal replacements. Also, look to see how your physical activity can be increased. Remember, little changes to get

back on track before you've regained a lot of weight will help you maintain better and to feel better about yourself.			

Session 30: Reduced Calorie Eating and Keeping Track More Accurately

Over the next few sessions, we will discuss how to respond if your weight control efforts start to stumble. However, since it is important to identify emerging problems quickly, you will be better off if your "early warning" comes from your Keeping Track record, not from the scale. We will start out talking about the importance of accurately keeping track.

Maximizing the Accuracy of Keeping Track

Multiple choice question: How well do you think your Keeping Track records reflect your daily food intake? (circle one answer below):

A. I think I record somewhat more food than I really eat

B. I think my Keeping Track records are pretty accurate

- C. I think my Keeping Track records miss a little of the food I eat (100-300 calories/day)
- D. I think my Keeping Track records miss a lot of the food I eat (more than cals/day)

Research using methods that allow us to know with great accuracy how many calories people are actually burning has shown that, for most people concerned about their weight, the correct answer is "D"

- People typically underestimate how much they are eating. They record only about 60-70% of all the calories that they are actually eating
- This means that if your Keeping Track books say that you are eating 1,000 1,300 calories per day, you may really be eating closer to 1,600 1,800 calories.

Why does it matter if you are underestimating the number of calories that you are eating?

Underestimating means you can't make good decisions about what to eat. You can include some foods with higher caloric density in your diet once in a while. But you need to have an accurate idea of when you have room for those extra calories. You want to "spend" those extra calories only on a day when you have a little extra room in your "calorie budget." Unless you know the correct balance in your calorie budget, you can easily "overspend" your calories and end up gaining weight.

Underestimating can make you feel deprived or hopeless. You may think to yourself "I will only be able to eat 1000 calories a day or I will regain my weight. I can't go on this way." Then you end up feeling deprived, depressed or angry. But in reality, you are eating quite a bit more than that. Greater accuracy will help you know just what you can eat and still maintain your new healthier, weight.

Can you improve your accuracy in Keeping Track?

Most participants in Look AHEAD probably could improve the accuracy of their Keeping Track records. If you think your records are not as correct as they could be, suggestions given below can help.

Another question: Why do people tend to report less food intake than they are actually eating?

- A. They are embarrassed about writing down some of the foods they eat.
- B. They often don't have a good idea of what a "portion" or "serving size" is.
- C. They don't record their food intake as soon as they finish eating something.
- D. They simply forget to record some items.
- E. They leave out some details (food preparation methods, condiments, etc.)
- F. All of the above.

The best answer is "F" – there is reason to believe that all these factors contribute to food intake underreporting.

How to make the Keeping Track Book work for you:

- ✓ Challenge beliefs that connect high calorie food choices with a bad character.
- ✓ Look up portion sizes and measure all the foods you eat until you know what a portion of each food is.
- ✓ Always keep your Keeping Track Book with you and record what you eat as soon as you finish eating.
- ✓ Each time you write something down, think back to see if you ate something since you last recorded that your forgot to write down- and write it down now
- ✓ Remember to add in sources of "hidden" calories (the oil used in cooking, mayonnaise on a sandwich, sugar in coffee, etc.)
- ✓ In the blank column of your Keeping Track, start recording your reduced calorie density eating, writing RCDE next to meals or snacks that you selected for their reduced caloric density

Failing to follow one or more of these guidelines may be the reason why some people feel that they "eat like a bird" but do not lose the weight they expected – or unexpectedly gain weight.

If you practice these suggestions on a daily basis, you will gain the confidence that the food and calories in your Keeping Track record accurately show what you've eaten that day.

The final challenge is to continue to keep good records *even* if you are having trouble and eating too many high Caloric Density foods. Staying aware of what you are eating by writing it down will help alert you to small lapses and the need to make small changes -- before your weight is affected and bigger changes are needed.

Using the Food Guide Pyramid to Create a Diet Low in Energy Density

Can we use the Food Guide Pyramid to plan a diet low in caloric density?

YES!

By making sensible food choices within each of the food categories, you will be able to enjoy a filling, satisfying diet without consuming too many calories.

For each of the food categories below, give some examples of foods low and high in caloric density.

Remember: Compared with HIGH caloric density foods, LOW caloric density foods have one or more of the following:

- A higher water content
- A greater amount of air
- More fiber
- Less fat

Breads, Cereals, Rice and Pasta: 6-11 servings daily



Lower Caloric Density Examples	Higher Caloric Density Examples
Unsweetened breakfast cereals	Sweetened breakfast cereal
Whole wheat bread	White bread

^{*} Tip: Don't like unsweetened cereal!! Try adding a fruit cup or fruit that has been canned in fruit juice or light syrup. This will sweeten your cereal naturally AND add more LOW Caloric Density foods.

Vegetables: 3-5 servings daily Lower Caloric Density Examples Higher Caloric Density Examples Baked potato____ French fries Deep fried onion rings Onions Strawberries & Low fat yogurt Strawberry shortcake * Tip: If you feel like French Fries, buy the frozen packets from the supermarket, and bake them at home in the oven. This will give the satisfaction of French Fries but with a much lower caloric density (Remember that supermarket French fries have a higher fat content than a plain baked potato, so the paid potato is still your best choice!) Fruit: 2-4 servings daily **Lower Caloric Density Examples Higher Caloric Density Examples** Strawberries and low fat yogurt Strawberry shortcake Milk, yogurt & cheese: 2-3 servings daily **Higher Caloric Density Examples Lower Caloric Density Examples** Non-fat milk Whole milk Cottage cheese Cheddar cheese

amount of parmesan cheese.	This increases the flavor but parmesan lories per tablespoon and you only need a
Meat, poultry, fish, dry beans, eggs &	& nuts: 2-4 servings daily
Lower Caloric Density Examples	Higher Caloric Density Examples
Boiled shrimp Ground turkey breast	Deep fried shrimp Ground beef
	of beef in recipes can lower the caloric an still add a little ground beef if you like the
density of your meal. You ca	n still add a little ground beef if you like the
density of your meal. You ca flavor!	an still add a little ground beef if you like the ats of fats, oils and sweets C DENSITY! Below are some
density of your meal. You ca flavor! Pyramid tip: Use Only Small Amoun This category is ALL HIGH CALORIC	an still add a little ground beef if you like the ats of fats, oils and sweets C DENSITY! Below are some

* Tip: If you felt like something sweet after dinner, mints can be a good alternative to candy. Or try a hot, flavored herb tea instead. Try adding strawberries, raspberries or blueberries to your angel food cake for a tasty, low calorie density dessert

To Do During Your Group Session

For each of the Food Groups below, list foods that you eat frequently and think of lower caloric density choices that you might substitute.

Food Group	Higher Caloric Density	Lower Caloric Density Choice
Breads, Cereals, Rice & Pasta		
Vegetables and Fruit		
vegetables and Fruit		
Milk, Yogurt and Cheese		
Meat, Fish, Poultry,		
Beans, Eggs and Nuts		
20000, 2880 000 1000		
Fats, Oils and Sweets		



To do next week:

Keep Track

- **❖** Keep track of your **weight**, **calories**, **fat grams**, **the minutes you are active**, **the number of steps you take**, **and muscle training physical activities**.
- **❖** Stay under your calorie and fat gram goals by using the meal replacements and/or following a meal plan.
- * Record when you CHOOSE REDUCED CALORIC DENSITY EATING options by marking RCDE in your Keeping Track in the blank column.

Be Active

- * Walk (or do something like walking) for at least 175 minutes per week.
- **❖** Try to maintain the increased level of physical activity you achieved during Strive for 35.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- * During structured activity, stay within your **target heart rate range.**
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day. Goal for next week =
- ❖ Average steps/day last week _____+ 250 = ____ steps/day.
- On at least 3 days next week, do the muscle training physical activities you were given.

Decide how you could improve the accuracy of your Keeping Track
After reviewing the suggestions made above, please list anything you could do
lifferently to improve the accuracy of your Keeping Track records:

Follow your Personalized Maintenance Plan:

- ❖ Weigh yourself and record your weight on the week that you do not come to a Look AHEAD session.
- ❖ Check your weight to see if it is over your "early warning weight." If you are below that weight, give yourself a pat on the back and keep up the good work. If you are above that weight, it is time for some relapse prevention efforts.
- ❖ Review your Keeping Track to see where you might be eating too many calories or how you might include more meal replacements. Also, look to see

how your physical activity can be increased. Remember, little changes to get back on track before you've regained a lot of weight will help you maintain better and to feel better about yourself.

Session 31: How Are You Doing?



Before the next one-on-one session, answer the following:

X —	I feel my progress since the last one-on-one session has been:
X	Questions to ask my Counselor:

To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the handouts for the previous group sessions**. Bring any related questions or ideas to our meeting.

Session 31: Monthly Progress Report

1. The only	weight management goal I selected last month w v.)	vas: (Complete A or B
	Weight Loss: I wanted to lose lb in the next mo o a weight of lb.	nth. This would take me
	Weight Maintenance: I wanted to keep my weight and lb in the next month.	stable between lb
	What is your evaluation of the prograchieving this weight management goal over one:	•
_	Made no progressMade some progressMade good progress	
	Made excellent progress	
weig beh	ase check the behaviors you followed regularly land the sign of the left hand sign of th	•
Las	st Month	Follow This Month
	Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten	

4.	How successful were you in practicing these behaviors?
5.	Which behaviors have you practiced the most?
6.	Which behaviors have you changed the least?
	Please describe your success with any special weight management plans you practiced last month.
F(OR NEXT MONTH:
1.	Please indicate your weight management goal for the next month. My weight management goal for the next (one) month is: (Complete A or B only.)
	C. Weight Loss: I want to lose lb in the next month. This would take me to a weight of lb.
	D. Weight Maintenance: I want to keep my weight stable between lb and lb in the next month.
2.	Please check all of the behaviors (on the right hand side of the previous page) that you plan to use in the next month to meet your weight management goal.
3.	Please describe any special problems that you will work on during the next month and your plans for tackling it.

COPING WITH LAPSES

Maintenance of weight loss is often a challenge. If you have tried to lose weight before, you may be familiar with the yo-yo phenomenon of losing weight, then regaining the weight. For some dieters, this is a cycle that can repeat many times and it is a cycle that can be avoided with continued effort and dedication.

The secret to breaking these dieting cycles and maintaining weight loss has to do with preventing "SLIPS" from occurring and responding appropriately when they do occur. A SLIP is another name for what researchers call a LAPSE. In the discussion of Relapse Prevention, we will make a distinction between what we call a LAPSE and what we call a RELAPSE.

A Relapse is defined as falling back into a former condition. Thus, in terms of weight loss endeavors, a relapse may be defined as a *total* return to *old* eating and exercise habits. A relapse can occur as a result of a string of lapses.

A Lapse is defined as a slight slip or error. It is of much less significance than a relapse. In terms of weight loss, a lapse may consist of eating a forbidden food, failing to exercise for a week, or gaining a few pounds. However, the important thing to remember is that a Lapse does not have to lead to a Relapse! We can think of a Lapse as a learning experience. That is, whenever you have Lapse you can formulate a plan of action to help prevent it from happening again. The dieter who can view a lapse for what it is, a temporary set back, will be prepared to respond in a constructive way, and will be a successful dieter.

In order to respond effectively to lapses, you will need to set up some objective criteria to define what constitutes a lapse for YOU. Some examples might include eating forbidden foods, not exercising for a few days in a row, or gaining a few pounds.

A Lapse from my healthy eating program may be defined as:	

What would define a LAPSE or SLIP for you?

A Lapse from my exercise program may be defined as:		

In dealing with Lapses there are 2 basic issues that need to be addressed.

First, we need to talk about PREVENTING Lapses, and later we will need to talk about RESPONDING TO and COPING WITH Lapses, once they have occurred.

PREVENTING Lapses:

The best way to prevent lapses is to identify a set of personal RISK Factors that may lead to lapses, for YOU. We can define these risk factors as HIGH-RISK SITUATIONS. Remember that these high-risk situations will vary from person to person. They may also include a large variety of situations.

In order to identify your own set of high-risk situations, think carefully about when you are most likely to find your diet or exercise program threatened. It could be when you are feeling depressed, lonely, intimidated, frustrated, etc. It could be when you interact with some particular person. It also could be when you are put into a certain situation, such as a party, or buffet line at a restaurant. By this point in the program, you should be able to identify these situations with out too much trouble. Look back over your monitoring forms and to previous chapters to confirm your hunches. It may be helpful to list your high-risk situations under three general categories.

High-risk situations can usually be grouped into these three categories:

- 1. Situations associated with negative emotional states (e.g., depression, loneliness, frustration, etc.).
- 2. Situations involving interpersonal conflict (e.g., problems at work, problems with spouse, children, friends, etc.).

3. Situations involving social pressure (e.g., parties and holidays).

MY HIGH RISK SITUATIONS ARE:

Negative emotional states:	Social Pressure:
Interpersonal conflict:	Other:

HOW TO GET BACK ON TRACK

There are 6 steps that can help us to overcome a lapse and get back on track. These are:

- 1. Stop and Examine the Situation.
- 2. Remain Calm.
- 3. Restate Your Goals and Renew Your Diet / Exercise Vows.
- 4. Be wise and Analyze the Lapse Situation.
- 5. Take Control Immediately.
- 6. Ask Others for Support and Help.

Session 32: Body Image and Self Esteem

We are going to spend some time this week talking about how weight can affect self-esteem. Let's start by looking at how society has viewed people's body size over the years. The changes in the way weight and size have been viewed causes many overweight people to feel negatively about their bodies and themselves. If this is true for you, we want to help you challenge negative thoughts you may have learned about your appearance.

Weight and Self-Esteem: A Brief History Lesson

In recent decades, movies, television, magazines and advertisements have constantly reminded us that "thin is in." Interestingly, this was not always the case. Several hundred years ago, during the Renaissance period in Europe, the many paintings portrayed beautiful, large, curvaceous women who were symbols of fertility and prosperity. Today, this concept of beauty has shifted dramatically.

As we entered the 1900s, a thin body shape and size made its first major appearance as the "flapper" look. It continued as an ideal for beauty with the "Twiggy" look in the 60s and continues to be a strong influence today.

This strong connection that has been created between beauty and thinness has many unfortunate consequences. For instance, there are very few roles for overweight people in the media. And when overweight people are given roles on TV or pictured in advertisements, it's most likely a negative picture that is presented. For every positive role such as Dennis Franz on the TV show *NYPD Blue*, there are many instances where overweight is presented in a critical light.

What effect do you think seeing these negative images on TV and in the media have on your self esteem?

Where do we stand today?

At the same time that Americans have been getting heavier, our cultural ideal of beauty has become thinner. What does this mean for overweight people?

- Some overweight people feel an increased pressure to be thin, rather than reaching a weight that is realistic for them.
- Overweight people often face negative attitudes from others.
- ♦ Studies have shown that children, college students and even doctors often have negative impressions of overweight people simply because of their weight.
- ◆ Additional research has found that overweight people sometimes experience discrimination in school and at work, in addition to social discrimination.
- Overweight children are often teased about their weight and overweight adults are sometimes treated unfairly.

Given this discrimination, it would be understandable if overweight people experienced more psychological difficulties that thinner folks. But that isn't the case. In general, overweight people are just as mentally healthy as people who weigh less. However, overweight people may experience distress resulting from the negative attitudes and behaviors of others.

Self-Esteem and Social Messages

It can be difficult to develop a healthy view of yourself when there are so many messages out there that seem to say "Overweight people are not beautiful, successful or desirable." It is even possible that you might start thinking that way yourself. When you agree with the media message or start thinking that way yourself, you may find that it can drag down your self-esteem. So, what can you do?

What is the significance of body weight?

❖ There are no meaningful differences between overweight and normal weight people in terms of personality, abilities, life functioning, etc. Body weight doesn't say anymore about character than eye or hair color does. People of all



weights – thin, medium, and heavy - have life problems. But body weight has nothing to do with character or worth.

- ❖ One does not have to be thin to be healthy or to have a satisfying life.
- ❖ The goal should be to lead a healthy lifestyle, not meet a Hollywood definition of attractiveness.

What can you do?

❖ If you think that your self-esteem has been affected by negative social messages, it is important to take strong, positive steps to counter them. Look for ways to promote realistic and healthy ways of viewing your body and yourself. Just as you shouldn't be judged by the color of your skin or your religion, you shouldn't be judged by your weight.

❖ We can also "talk back" to prejudices just as we talk back to other types of negative thinking.

Countering Prejudice and Discrimination

Let's take a minute to identify typical beliefs that people often have about those who are overweight. In the first column, list beliefs that you think others have about excess weight. In the second column, list ways you could challenge those beliefs (that is, how you would "talk back" to these beliefs).

Typical Belief	Your Counter
1.	
2.	
_	
3.	
4.	
_	
5.	

Body Image and Self Image

Now we are going to move onto how we view ourselves. **Body image** refers to the way we view our bodies. Most people have had negative thoughts about their bodies at one time or another. For instance we've all said "my (pick a body part) is too big (or too small)." However, sometimes these thoughts don't just come and go. They build up and become the way we see ourselves. A poor body image is sometimes the result.

Having a negative body image can be emotionally painful. It can contribute to feelings of anxiety, anger, depression and shame. It can also reduce our confidence in ourselves. However, if your body image has a negative impact on your life, there are ways to identify and change thoughts and beliefs about your body. These thoughts and beliefs are called "body-image errors." Let's first look at some common body image errors. Of course, not everyone who is overweight will have a poor body image — but even if you don't, see if any of the specific thinking styles listed below are relevant to you. (These examples are adapted from What Do You See When You Look in the Mirror [Bantam Books], by Dr. Thomas Cash.)

Body image errors

1. Beauty or Beast: "Beauty or beast" thinking occurs when you regard your appearance in terms of extremes. For example, you view yourself as either fat or thin. If you think this way you may not be happy with yourself if you are somewhere between these two extremes.



- 2. The Unreal Ideal: The "Unreal Ideal" takes into account the thousands of images about beauty we receive from our culture. If Sharon regularly compares herself to these perfect ideals then she will often be dissatisfied with her body because the cultural standard is almost impossible to meet. For example, saying, "I'll never have Julia Roberts' long thin legs or tiny waist" can prevent you from feeling attractive about what you do have.
- 3. Unfair-to-Compare: "Unfair-to-compare" thinking goes a step beyond the "Unreal Ideal." Now you are also comparing yourself to people around you,

usually picking things you like least about yourself to serve as the standard of comparison. For example, at a restaurant, Diane notices every woman who has thinner arms then her and subsequently feels worse about her arms.



- 4. The Magnifying Glass: In this type of thinking, you focus on a feature of your appearance that you don't like and "magnify" its importance. You even downplay your positive features because you are selectively focusing on the aspect of your body you exaggerate. For example, after Steve lost weight, his wife was very complimentary but his thought was "Yea, but she'd think I'd look much better if I lost this gut of mine."
- 5. The Blind Mind: The "Blind Mind" type of thoughts means that you blind yourself to some of your many attractive features. For example, Becky might ignore her bright eyes and fit legs while focusing only on the body parts she is unhappy with.
- 6. Ugly by Association: "Ugly by association" thinking means you decide one feature is unattractive and then go on to "find" all the other features that fit this unattractive label you have given yourself. For instance, your bad feelings about your double chin might "spread" to other parts of your body that you normally feel are okay.
- 7. The Blame Game: The "Blame Game" is an example of when negative body-imagine goes beyond the way you view your body. This type of thinking means you blame the aspects of your body you don't like for other outcomes in your life. "Maybe my grandkids would want to play with me more if I weren't so big" is an example of this hurtful way of looking at yourself.
- 8. Mind Misreading: Many of us think we can read other people's minds when it comes to what they think of us. "Mind Misreading" means you assume the worst about what other people think about your body or some part of it.
- 9. Misfortune Telling: "Misfortune telling" leads to all or nothing thinking about past, present or future events based on negative thoughts you have about yourself. For example, Ed decides he'll *never* be a manager at work because his weight makes him look clumsy.



10. Beauty Beyond: "Beauty Beyond" is another example where negative body image becomes harmful to your quality of life. This thinking is reflected in statements that you *cannot* do certain things because of your looks. Lucy deciding

that she "couldn't" go of this.	to the beach until	she lost weight is	an unfortunate example

approach called the "A-B-C-D-E Sequence." We'll start by working through an example together. This approach is found in What Do You See When You Look in the Mirror, by Dr. Cash.
Corrective Thinking by "Talking Back"
Pick a type of body-image error that you often commit: <u>Unfair-to-compare</u>
Activators (A):
Watching TV, looking at magazines
Beliefs (B):
Every woman I see is thinner than I am. My legs are so big; look at how much smaller everyone else's are.
Consequences (C):
I feel sad and hopeless that I'll never look that way.

Disputing by Corrective Thinking (D):
Some people do have thinner legs than I do, but mine look better than they used to before I started this Lifestyle Program. Also, there's a lot more to me than my physical appearance. I shouldn't use other people's standards in judging myself.
Effects of Corrective Thinking (E):
Instead of feeling down, I actually feel better because I'm looking at my successes. It's a relief to watch TV or flip through a magazine without comparing myself to everyone I see. That makes me feel good!
Now let's see how you do in correcting a body image error.
Corrective Thinking by "Talking Back"
Pick a type of body-image error that you often commit:
Activators (A):

Beliefs (B):
Consequences (C):
Disputing by Corrective Thinking (D):
Effacts of Corrective Thinking (E).
Effects of Corrective Thinking (E):



To do next week:

Keep Track

- **❖** Keep track of your weight, calories, food choices that are low in caloric density, fat grams, the number of minutes you are active, and the number of steps you take.
- **❖** Stay under your calorie and fat gram goals by using the meal replacements and meal plan.

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- **❖** If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total number of minutes.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.

Goal for next week =

Average steps/day last week _____+ 250 = _____ steps/day.

Practice Correcting Negative Thoughts About Your Body

- Catch yourself committing body-image errors.
- Write them in your Keeping Track book.
- Practice using the A-B-C-D-E Sequence to modify these thoughts.

Practice Countering Prejudice and Discrimination

For homework this week, practice countering (e.g. correcting) any prejudices you hear or see (e.g. on TV) in your Keeping Track record or, if you feel comfortable,

out loud. For example, if you see an overweight person on T.V. who is the butt of a joke, examine how you feel about this and how you would "talk back" to the image on the T.V.

Session 33: Annual Tune Up Time

Your car needs a tune up once in a while so that it runs smoothly and efficiently. If you don't get it tuned up regularly, you may not have any zip when you step on the gas pedal or you'll feel some bucking and shaking as you ride down the road. You may even have trouble starting in the morning. To keep this from happening, it is recommended that you get your car tuned up on a regular schedule. You even get an owner's manual that tells you when to do what. You don't wait until your car totally breaks down to take care of maintenance. Regular tune-ups keep your high performance car working well and getting you where you need to go!



Weight Loss Tune Up

What kind of tune up do you need to keep your weight management running smoothly? Without an owner's manual, it can be hard to know. A bout of a few weeks of structured eating using meal replacements can be just the thing to get your weight management program tuned up and running like a dream! Research has shown that people who periodically re-start meal replacements or structured eating have better long-term weight losses and are able to maintain their weight successfully. Returning to a pattern of controlled eating and limited choices can help prevent the gradual drift in eating (and drift upwards in weight!) that many people experience. Starting on Meal Replacements for several weeks can be a way to keep you purring smoothly as you ride down the road to health. It is like getting a tune up on your eating habits!

Why Do a Tune Up Now?

Without an owner's manual to guide you, it can be hard to get your weight loss tune up, even if you think it would be really helpful for you. So, it can help to pick out a time to do it and then just stick with the schedule. Give yourself a deadline. Now is a good time to think about doing your Weight Loss Tune Up. An annual

tune up will help you stay rolling along without too many bumps on the road to good health and healthy weight management.		

What is the Annual Look AHEAD Tune Up?

To get tuned up, you will start using meal replacements to substitute for 2 meals and one snack a day, just like you did at the beginning of the Program. You will do this for a total of 4 weeks. Remember the benefits of using the meal replacements? You may have noticed some immediate improvements in your blood sugar. You may also have noticed that you lost weight. You probably also spent less time preparing foods and had a little more time to do other things. Think back about what other things you found to be helpful or good about using meal replacements for two of your meals and one snack.

To me, the good things about using the meal replacements were:

1.	
- 2	
3	
4	
replacement that you coped with those prolimportant when you	ber some problems or disadvantages to using the meal remember. Think back on what they were and how you blems to make it easier to stick with the program. It will be start your meal replacement tune up to use to some of these you be successful the first time.
The problems in usin	g meal replacements were:
1	
My strategy to cope v	with this problem will be to
2.	
_·	

My strategy to cope with this problem will be to	

Things You Can Do to Make Your Tune Up Successful

- ✓ Get all your supplies ready
 - Stock up on liquid meal replacements
 - Make sure you have a good supply of fruits and vegetables for snacks
 - Secure your water supply. Put bottled water in key spots at home, work, in the car, or wherever you get thirsty
- ✓ Come up with a plan for the week ahead
 - Map out what you will need to bring with you for your meals and snacks
 - Plan out the meals that you will prepare to make sure they are low calorie, low fat
 - Don't forget to include your regular exercise
- ✓ Get family and friends on board
 - Ask for support to help you be successful in your tune up
 - Give family and friends specific suggestions on how to be helpful to you
- ✓ Try some new flavors of liquid replacement or new frozen prepared meals for dinner.

Miles for Cans Campaign

To get your tune up off to a great start, start back on the full meal replacement plan starting tomorrow with your tune up kit. In your tune up kit, you will find an assortment of different liquid meal replacements, some snack replacement bars, bottled water, and some fruit or vegetable snacks. Make sure you record your meal replacements in your Keeping Track book each day. For each liquid meal replacement or snack bar you record, you will get a Look AHEAD "Tuned up

Mile." The number of miles that the group gets will be added up to see how far your group can get in a drive across the country to the other Look AHEAD sites.

In addition, you will be able to exchange your own personal "Tuned up Miles" for gift cards and prizes at the end of the month. The more miles you have racked up, the further you'll be able to go when it's time to start shopping!! Your Lifestyle Counselor will fill you in on how much cans and coupons are worth. Don't want to

tote around empty cans to earn your miles? You can record your meal replacements in your Keeping Track and get Tuned Up Miles that way. If you've already met your weight goal and you do not wish to adhere to the meal replacement plan, tune-up on record keeping.



Tune Up Your Life

Now that you're tuning up your weight management, it could be a good time to take stock of other things in your life. After all, what good is it to have a finely tuned, healthy body that can take you places without a good map of where you're going? Sometimes people end up spending a lot their time driving around to places that are not really all that important to them. Taking time to re-evaluate what is important to you and how you would like to spend your time is a great way of staying on track with your life goals.

Mapping out Your Life Goals

Take a minute to think about what is most important to you. Close your eyes and imagine yourself 10 years from now. What would you most like to have done, enjoyed, accomplished or experienced in that 10 years? One way to think of it is to take an inventory of all the personal, professional and community roles that you play (for example, spouse, parent, neighbor, church member, volunteer, business manager, etc) and think what you would like to accomplish in each of these areas. Think about what it will take to make those dreams come true. What steps do you need to take to get there? How does staying healthy and improving your diabetes control fit into these goals? Record your answers on this worksheet.

What is Most Important to You?

1.	Image it is ten years from now. What four or five things would like to enjoy, do, experience, accomplish, and have in the next	
	_	
2.	What would you need to do to make those dreams come true?	
	_	

3.	How important is staying healthy and preventing diabetes in teable to do those things?	rms of b	eing

How Do You Spend Your Time Now?

Now that you've thought about what is most important to you and what you will need to do, make sure that you will reach your goals, have the experiences you want, and enjoy the things you desire, it is time to review how you are actually spending your time. Is your time spent doing the things that will help you achieve your goals? Or do you spend a lot of time doing things that you really don't value? You may surprise yourself. Before you can decide how to change the ways you spend your time, you need to know how you are currently spending the time. Keep a log for the next week so that you know how you are really spending your time. You can record it on the following worksheet, or put it in your Keeping Track book.



In the next group session, you will have a chance to discuss and brainstorm ways to find more time to do the things that are important to you. You may find that using the meal replacements twice a day helps you reduce the time you spend preparing and eating meals, giving you a little extra time to do other things that are important to you!





How Do I Spend My Time?

1. At the end of each day, record how you spent your time. Circle problem areas.

How I	SUN	MON	TUES	WED	THU	FRI	SAT
spent my time							
Sleep							
Work (including commuting, professional organizations)							
Physical Activity (include exercise, sports, active forms of recreation)							
Food-related (include shopping, meal planning and preparation, packing lunch, eating, time at restaurants, self-monitoring)							
Home errands (include yard work, home and car maintenance, shopping other than grocery shopping, laundry, bills, other chores, travel to school or day car or sports)							
Time with family and friends							
Personal care (include showering, dressing, grooming)							
Sedentary recreation (include TV, reading, movies, computer)							
Community (include church, volunteer work)							
Other:							
Total Hours (should be 24)							

- 2. Write down examples of how you:
 - Save time doing other things so there was enough for a healthy lifestyle:
 - Streamlined healthy eating and activity:



Keep Track

- * Keep track of your weight, calories, food choices that are low in caloric density, fat grams, the number of minutes you are active, and the number of steps you take.
- **❖** Stay under your calorie and fat gram goals by using the meal replacements and meal plan.
- * Record the meal replacements you use.

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- **❖** If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total number of minutes.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.

Goal for next week =

Average steps/day last week _____+ 250 = _____ steps/day.

Meal Replacement Tune Up

- * Replace 2 meals with liquid meal replacement and one snack with a meal replacement bar. Have a balanced, low calorie density meal for your third meal (often dinner). Make sure that you have fruit and vegetable snacks.
- Record all meal replacements in your Keeping Track book.

Session 34: How Are You Doing?



Before the next one-on-one session, answer the following:

X	I feel my progress since the last one-on-one session has been:
X	Questions to ask my Counselor:

To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the handouts for the previous group sessions**. Bring any related questions or ideas to our meeting.

Session 34: Monthly Progress Report

1.	The	weight manag	gement goal I selected last month was: (C	omplete A or B only.)
		Weight Loss: of lb.	I wanted to lose lb in the next month. The	nis would take me to a weight
		Weight Maint the next month	enance: I wanted to keep my weight stable b.	petween lb and lb in
2.		-	nation of the progress that you made in ac over the last month? Check one:	chieving this weight
		Made	no progress	
		Made		
		Made		
		Made	excellent progress	
3.	man follo			• •
		Last Month		Follow This Month
			Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to $\geq 10,000/\text{day}$) Record daily activity and steps Weight myself weekly or more often Attend group sessions regularly Attend individual sessions regularly	
4.	How	v successful we	ere you in practicing these behaviors?	

5. Which behaviors have you practiced the most?

6.	Wh	ich behaviors have you changed the least?
7.		ase describe your success with any special weight management plans you practiced
	last	month.
F(OR N	NEXT MONTH:
1.	Plea	ase indicate your weight management goal for the next month.
	My	weight management goal for the next (one) month is: (Complete A or B only.)
	E.	Weight Loss: I want to lose lb in the next month. This would take me to a weight of lb.
	F.	Weight Maintenance: I want to keep my weight stable between lb and lb in the next month.
2.		ase check all of the behaviors (on the right hand side of the previous page) that you n to use in the next month to meet your weight management goal.
3.		ase describe any special problems that you will work on during the next month and ir plans for tackling it.

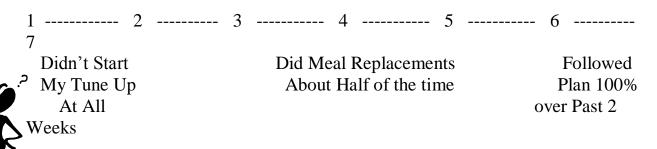
Session 35: Fine Tuning Your Tune Up

You will have completed the second week of your Annual Tune Up by now. How is it going? If you have been able to jump into the Tune Up with both feet and hit the ground running, you should have seen some changes in your weight. If you are finding it hard to get on track with the meal replacements, you may not have achieved the full benefit yet. But there is still time to fine tune your Tune Up and see greater benefits.

Self-Evaluation of Your Tune Up

Take a minute to rate your "Tune Up Performance" so far. Examine your Keeping Track to remind yourself of how you've been doing. Rate how well you feel you stuck with the meal replacement Tune Up Plan (having 2 meal and 1 snack replacement a day).

I think that I:





After you've rated yourself, think about what it would take to get you to move one or two more steps to the right on the self-evaluation scale. For example, if you rated yourself a 3, what do you think it will take to get you up to a 4 or 5? If you rated yourself a 6, what will it take to get you to a 7?

I think that I	ould fine tune my	Tune Up in the n	ext 2 weeks by	
	<u> </u>			
·				

Miles For Cans

Did you remember to record your meal replacements in your Keeping Track book? Remember your group is counting on you to contribute to the trip ... Together you will be able to reach your Trip Destination if you get Tuned Up! Also, you can earn miles that you can exchange for a Look AHEAD prize. So, DRINK UP your meal replacements, TUNE UP your weight loss and your health, and RACK UP your tuned up miles!

Fine Tuning How You Spend Your Time

You have been tracking how you spend your time for the past week or two. You may have noticed that you spend more time than you would have guessed on things that are not all that important to you. You may be asking yourself how you will find extra time to spend on these important things. Or you may already have found ways to change how you manage your time, allowing you to spend more time on the things that really matter to you. However, you may be thinking that you don't see how you can save any time to do these important things. Don't give up! Read on for some tips on how to save time, so that there's more time left in the day to work towards your goals – including a healthy lifestyle.

Making More Time for the Important Things

Time management allows you to trim the time you spend on activities throughout the day. This lets you free up time to spend with people and activities that you value. The few minutes you save here and there can really add up. What can you do to save time in your day? Using meal replacements may help reduce some of the time it takes you to prepare or eat your meal. Look over the following suggestions for additional ways to streamline. See which strategies you might try this next week.



Strategies for Streamlining Your Daily Activities

1. Cut back on (or stop doing) what's not important to you.

- Say no when asked to take on a new task.
- Have fresh fruit for dessert instead of preparing elaborate cakes or baked goods.

2. Combine tasks



- Combine errands (go to the drug store and the post office in one trip).
- Double recipes when you cook. Freeze extras in microwave proof containers for later in the week.
- Ask your spouse to go walking with you and catch up on the day's news.
- Pack lunches the night before while listening to a book on tape.

3. Ask someone for help

- Have your assistant screen your calls at work.
- Ask your children to help clean up after meals.

4. Be more efficient by simplifying and organizing

- Make a To-Do list at the beginning of each day. Label items A (most important), B (important, but can be put off for a while), or C (not important, can be put off with no harm done). Start your day with A items. Move on to the B items only when all the A items are done. Don't even think about doing C items until you've finished all A and B tasks. If you must take on a C item, try to delegate it.
- Keep a running grocery list. Shop for food only once a week.

5. Don't put important things off

- Try to link an unpleasant activity with a pleasant or neutral one.
- Count the cost. (Make a list of what's unpleasant about what you've been avoiding, and then list the consequences of putting it off. Take a long, honest look at what you've written).
- Start small. Think of the smallest step you can take to start the process, then do it.

Strategies for Streamlining Your Physical Activity

Here are some ways to streamline physical activity so that you get all the benefits

without wasting any time.

Save time getting motivated. Examples:

- Set the alarm on your watch to remind you to exercise. Just do it! When the alarm goes off.
- Have a friend or family member meet you at your house at a regular time to exercise.
- Ask a friend or family member to give you a call to remind you to exercise.
- Join a walking club, gym, aerobics class, etc.
- Other ideas: _____

Save time getting ready. Examples:

- Keep your exercise shoes and clothes in the car or at your office.
- Set out your exercise shoes and clothes the night before. Put them on when you get up and don't take them off until you exercise.
- Choose a gym that's close to your home or work.
- Other ideas: _____

Save time while exercising. Combine with other tasks. Examples:

- Use a 10-minute break during the day to take a brisk walk and fight stress.
- Ride an exercise bike while you watch the news or listen to a book on tape.
- Walk and talk with friends or family members.
- Walk, run, or bike in a community event that benefits a good cause.
- Walk or bike to work.
- Take the baby for a brisk walk in the stroller.
- Walk the dog.
- Walk or bike to the store for errands.
- Take up an active hobby. Examples: dancing, swimming, ice or roller skating, soccer, racquetball, cross-country skiing, basketball, hiking, running, tennis.
- Mow the lawn or shovel snow for an elderly neighbor.
- Other ideas: _____

Save time after the activity. Examples:





 Exercise right before the time when you would be showering anyway (for example, first thing in the morning if you usually shower before work). Other ideas: 				
What Will You Do With Your Extra Time?				
Now that you have considered how you spend your time and strategies for helping you streamline things, outline your plan. Remember, start your time management by deciding what your most important things are (your "rocks" from the group demonstration) and fitting those in first. Use the streamlining strategies to free up time in your daily routine.				
In the next two weeks, I want to find more time to spend on				
_•				
In the next two weeks, I will streamline my time by				
_				
_•				

Saving Time for a Healthy Lifestyle Worksheet



To save time for a healthy lifestyle, I will

I will streamline my eating/physical activity by: When (specify days): I will this first	Sav	ve time in general by:
When (specify days): I will this first		
When (specify days): I will this first		
When (specify days): I will this first		
When (specify days): I will this first :		
When (specify days): I will this first		
I will this first	I w	vill streamline my eating/physical activity by:
I will this first		
I will this first	V	When (specify days):
;	_	
•		
	I	will this first
D. 111. 1. (1.) (1.)	<u>;</u>	
D 11.1 . 1 . 4 . 4		
Koadniocks that might come line - I will handle them but	D	loadblocks that might come up: I will handle them by:
Roadblocks that might come up: I will handle them by:	_	

-						
				 		
			y success			
likely	:					
			1	umana? .		
Dic	it work?	If not, v	vhat went	wrong:.		

How Do I Spend My Time?

At the end of each day, record how you spent your time. Circle problem areas.

How I	SUN	MON	TUES	WED	THU	FRI	SAT
spent my time							
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Physical Activity (include exercise, sports, active forms of recreation)							
Food-related (include shopping, meal planning and preparation, packing lunch, eating, time at restaurants, self-monitoring)							
Home errands (include yard work, home and car maintenance, shopping other than grocery shopping, laundry, bills, other chores, travel to school or day car or sports)							
Time with family and friends							
Personal care (include showering, dressing, grooming)							
Sedentary recreation (include TV, reading, movies, computer)							
Community (include church, volunteer work)							
Other:							
Total Hours (should be 24)							



Keep Track

- **❖** Keep track of your weight, calories, fat grams, the number of minutes you are active, and the number of steps you take.
- Stay under your calorie and fat gram goals. Record the meal replacements you use.

Be Active

- Walk (or do something like walking) for at least 175 minutes per week.
- * If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total number of minutes.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.

Goal for next week =

Average steps/day last week _____+ 250 = ____ steps/day.

Meal Replacement Tune Up

- * Replace 2 meals with liquid meal replacement and one snack with a meal replacement bar. Have a balanced, low calorie density meal for your third meal (often dinner). Make sure that you have fruit and vegetable snacks.
- Record all meal replacements in your Keeping Track book.

Manage Your Time

- Put your Streamlining Plan into action.
- Use the time that you have saved to spend on the activities that are most important to you, that is spend time on your "rocks."

Session 36: Making Reduced Energy Density Eating Work for You

We have already talked about how to use the food pyramid to help you find foods that are lower in caloric density and can help you feel full while maintaining (or continuing!) your weight loss. When you eat more low caloric density foods every day, it helps you control the number of calories you eat overall.

Therefore, you want the majority of the foods you eat to be VERY LOW and LOW Calorie Density and smaller amounts to be MEDIUM Calorie Density and only occasional foods to be HIGH Calorie Density.

What makes a food low in Caloric Density?

You will remember that, if a food can be described by one or more of the following, it is probably low in caloric density:

- ✓ High water content
- ✓ Low fat content
- ✓ High fiber content
- ✓ High volume of air



Using Food Labels to Determine Caloric Density

You can use the Nutrition Facts Panel on food labels as an important tool to help guide your food choices. The Nutrition Facts Panel displays a lot of nutrition information that can be very useful when you are deciding which products to buy in the store. The two key pieces of information for calculating Calorie Density are the serving size (in grams) and the number of calories per serving. This information can be found in the top two areas of the panel.



**REMBEMBER:

The CALORIC DENSITY of a serving = Calories in a serving
Grams in a serving

Using the information in the Nutrition Facts Panel above, you can calculate the Caloric Density of the product. In that example, the number of grams in a serving is 228 gm and the number of calories is 250.

Therefore the CALORIC DENSITY is: $\frac{250 \text{ calories}}{228 \text{ grams}} = 1.1$

That means that this food falls into the LOW Caloric Density category because it is between 0.6 and 1.5.

HINT: Remember that VERY LOW Caloric Density = less than 0.6 LOW Caloric Density = 0.6 - 1.5 MEDIUM Caloric Density = 1.5 - 4.0 HIGH Caloric Density = 4.0 and higher

Sometimes this calculation may seem difficult. Here are some quick tips on how to estimate the Caloric Density of a product.

Is the number of calories per serving less than the number of grams per serving?

If yes, then the Caloric Density is less than 1.

Is the number of calories about the same as the number of grams? If yes, then the Caloric Density is about 1.

Is the number of calories twice the number of grams?

If yes, then the Caloric Density is about 2.

Is the number of calories three times the number of grams? If yes, then the Caloric Density is about 3.

And so on.....

You can use this quick guide to help you look at different products at the grocery store and choose the one with the lowest Caloric Density.

Try it yourself:

Below are some Nutrition Fact Panels from 3 different breakfast cereals. Calculate the Caloric Density for each of the cereals.

Nutrition Facts Serving Size 1 cup (Servings Per Contain	(<mark>30g)</mark>		
Amount Per Serving			
Calories	<mark>110</mark>		
Calories from Fat	15		

Nutrition Facts Serving Size 1 cup (Servings Per Contain	59g)	
Amount Per Serving		
Calories 190		
Calories from Fat	15	

Cereal # 2 Calorie Density =	= calories =	=
-	grams	

Nutrition Facts Serving Size 1 cup (Servings Per Contai	(<mark>30g)</mark>		
Amount Per Serving			
Calories 60			
Calories from Fat	10		

Cereal # 3 Calorie Density =	calories	=
_	grams	



Which of the cereals has the lowest Caloric Density and would be the best choice for Reduced Caloric Density Eating?



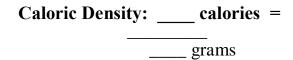
Below are 2 Nutrition Fact Panels from different types of yogurt.

Calculate the Caloric Density for each of the yogurts.

Nutrition Facts Serving Size 1 container	· <mark>(227g)</mark>
Amount Per Serving Calories	120
Calories from Fat	10

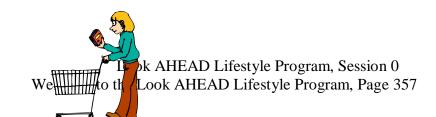
Nutrition Facts Serving Size 1 containe	r <mark>(227g)</mark>
Amount Per Serving Calories	210
Calories from Fat	15

Caloric Density:	calories	=
	grams	



The yogurt on the left has a much lower caloric density than the yogurt on the right. The one with the lower caloric density has been sweetened with Aspartame (the same sweetener you find in diet sodas). Because it has a lower caloric density, it would be a better choice for reduced caloric density eating — if you eat it, you would feel as full as if you ate the other yogurt, but would have eaten much fewer calories!

Now, you have the skills to find the lower caloric density products in your supermarket. You will have a chance to practice this new skill during your group session. Remember, it may seem difficult to do the calculation at first, but with practice you will be able to look at the label and estimate the caloric density without adding too much time to your grocery shopping!



Ways to Increase the Volume of Food You Eat and Maximize Flavor

Changing to a reduced calorie density eating pattern involves making some changes. Not only can you change the types of foods you buy so that they are lower in caloric density, but you can change the way you prepare foods so that they are lower in calorie density. To decrease the caloric density of foods (that's what you want to do – decrease the caloric density), you need to **increase the volume of the food without increasing the calories by much**. How do you do this?

1. ADD PLENTY OF VEGETABLES

- Start your meals with a salad or a clear broth soup that has lots of vegetables.
 - ✓ Experiment with new vegetables. You can chop almost any vegetable and add it to a salad.
 - ✓ Add plenty of bell peppers to your greens, caramelize fresh onions (to do this use a heavy based pan and cook WITHOUT oil with low heat until they start to brown) and add these to some fresh greens.
 - ✓ Grate some carrot and mix with sliced mushrooms and lemon juice.
 - ✓ Try some of the "new" kinds of greens to increase the variety in your meals.
 - ✓ Slice some cucumber and mix with finely sliced fennel, add plenty of lemon juice and black pepper.
- ❖ Salads don't always have to be cold, try some of these hot salads.
 - ✓ Warm beet salad: slice cooked beets and mix with red onion and balsamic vinegar.
 - ✓ Hot tomato and onion salad: try adding basil for extra flavor.
 - ✓ Steamed broccoli and bell pepper: add plenty of lemon juice and black pepper for flavor.
- ❖ A few nuts can also add that tasty crunch to a salad.
 - ✓ Be careful not to add too many because they are high in caloric density and can quickly add up to high calorie eating.
- ❖ Add fruit to your salad for variety.



- ✓ Add pear to a green salad.
- ✓ Add fresh berries when they are in season.
- ❖ Add vegetables to your cooked dishes. It is a great way to "hide" vegetables because they take on the flavor of the dish.
 - ✓ Use tomato-based pasta sauces instead of cream-based sauces and add plenty of mushrooms, bell peppers, spinach, onions, carrots, broccoli ... the choices go on and on!
 - ✓ Always have frozen vegetables in your freezer. Add these to whatever meal you are preparing.
 - ✓ If you are making chili, add some spinach, extra onions, carrots, winter squash. There will not be much taste difference but it will make a big difference in the amount of calories you eat!
 - ✓ Have fresh vegetables easily available for snacks. Keep some precut vegetables in your refrigerator and use to snack on (consider a low-fat or non-fat dip to add flavor).



Fruit makes a great snack. Nice and sweet without the calories of candy, cookies or most other snacks ... but full of fiber, vitamins and minerals!

- ❖ Keep fruit cups or fruit canned in light syrup or fruit juice at your desk at work for a great mid-morning snack.
- ❖ Try having some berries and low calorie jello for dessert.
- ❖ Keep frozen fruit in your freezer (either buy in season and freeze or buy already frozen in the freezer section of the grocery store)
 - ✓ Blend the frozen fruit with some yogurt for a great smoothie.
 - ✓ Puree fruit in blender and mix with seltzer or club soda for a refreshing summer drink.
- ❖ Add fruit to your breakfast cereal, this not only lowers the caloric density of breakfast but is a great way to sweeten your cereal!



- ❖ Add apple sauce to meatloaf or use apple sauce instead of sour cream on latkes, baked potatoes or just about anything.
- Substitute applesauce or pureed prunes to baked goods like muffins, reducing the amount of oil.

3. ADD WATER TO THE DISHES YOU COOK

Water has no calories, so adding it to your dishes will help you feel full and not consume as many calories.

- Make soup, stews and casseroles (start with meals with broth-based, low-fat soups at least once a day).
- ❖ Dilute fruit juice with water (½ and ½) or soda water
- ❖ You can also dilute wine or beer with soda water
- ❖ If you make sauces, start with broth or water

4. LIMIT HIGH FAT FOODS

- ❖ Grill (or sauté with little oil) rather than fry.
- ❖ Use fats and oils sparingly (use an oil spray rather than pouring oil in).
- * Chose lean meats whenever possible.
- * Remove skin and fat from meat before cooking.
- ❖ If making soups or stews, let the dish cool and skim fat off the top before reheating and eating
- ❖ Use lemon juice to flavor vegetables rather than butter, balsamic vinegar rather than mayonnaise for salads, and salsa or non-fat sour cream rather than butter and regular sour cream on baked potatoes.





Tips for Making Changes in the Caloric Density of Your Diet Easier:

• Make small changes:



It is easier to make changes gradually, in small steps. For example, many people have gone from drinking regular milk to drinking skim milk. But they have done it by going from regular to 2% to 1% to skim. Another example would be gradually reducing the amount of oil you add to a recipe (and perhaps substituting another, lower-calorie ingredient). If you make a sudden and dramatic change all at once, it may be harder to stick with it. Since the goal of Look AHEAD is to help you make healthy eating changes that will last you a lifetime, it may be best to make small and gradual changes that you can maintain and not big changes that you can't maintain.

Try new foods several times before making a decision:
 It takes time to get used to new foods and new flavors. You may not always like new foods the first time you try them. Sometimes it is necessary to sample new foods, recipes, ingredients and preparation methods several times before they "grow on you." So don't give up on new things too quickly.



To do next week:

Keep Track

- ***** Keep track of your weight, calories, fat grams, the minutes you are active, and the number of steps you take.
- **❖** Stay under your calorie and fat gram goals by using the meal replacements and a meal plan.
- ❖ Add more fruits and vegetables to your diet. Increase by one serving of each every day and record the extra fruit and vegetable serving in your Keeping Track with a star.
- Examine labels to compare products to find the one with the lowest calorie density.
- ❖ Try the modified recipe in your handout or make reduced caloric density modifications to one of your own favorite recipes. Bring in the recipe to share with the rest of the group.

Be Active

- * Walk (or do something like walking) for at least 175 minutes per week.
- * If you've already achieved 175 minutes/week, try increasing your activity by adding another 25 minutes to last week's total number of minutes.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- Add 250 steps per day until you reach 10,000/day.
 Goal for next week =

Average steps/day last week ____ + 250 = ___ steps/day.

Follow Your Personalized Maintenance Plan

- Weigh yourself and record your weight on the week that you do not come to a Look AHEAD session.
- * Check your weight to see if it is over your "early warning weight." If you are below that weight, give yourself a pat on the back and keep up the good work. If you are above that weight, it is time for some relapse prevention efforts.
- ❖ Review your Keeping Track to see when you might be eating too many calories or how you might include more structure in your eating. Also, look to see how your exercise can be increased. Remember, little changes to get back

on track before you've regained a lot of weight will help you maintain your weight and feel better about yourself.

Meat Sauce for Spaghetti

Original Recipe

2 tablespoons of vegetable oil

1 ½ lb ground beef

1 onion chopped

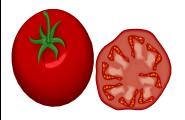
2 garlic cloves, minced

1 16oz can tomatoes

1 6oz can tomato paste

1 Cup dry red wine

1 tsp dried oregano leaves



Original Instructions:

Heat oil and sauté onions and garlic for 3-5 minutes. Add the meat, cook until no longer pink. Add remaining ingredients, stir and simmer for 1 hour. Makes four servings. 646 calories per serving, 60% calories from fat.

Meat Sauce for Spaghetti

Version low in caloric density:

2 Tbsp water

3 Ib extra lean ground beef
1 onion chopped
2 garlic cloves, minced
1 16oz can tomatoes
1 6oz can tomato paste
1 Cup dry red wine
1 tsp dried oregano leaves
1 C any vegetables (broccoli, squash, eggplant, peppers or any other veggies).

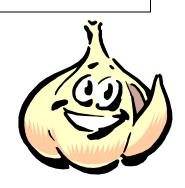
1 C grains (to replace the meat), cooked lentils, canned black

beans, etc.

Low Caloric Density Instructions
Saute' onions and garlic in water,
add the meat and cook until no
longer pink. Add remaining
ingredients, stir and simmer for 1
hour. Makes four larger serving.
367 calories per serving, 35%
calories from fat.







Spanish Chicken and Rice Original Recipe

3Tbsp oil
1 C chopped green pepper
1 C chopped onions
2 cloves garlic
1 ½ lb chicken breast
2 C ½ and ½
2 Tbsp tomato paste
6 oz long grain rice
1 C canned tomatoes

Original Instructions

Heat oil and sauté onions, garlic and green pepper until soft. Add the chicken and cook until brown (~5 mins). Reduce heat, stir in cream and tomato paste. Add rice and tomatoes, cover and cook 20 minutes until most of the moisture has been absorbed. Uncover and cook 5 minutes more, serve immediately.

Makes four servings. 703 calories per serving, 48% calories from fat.

Spanish Chicken and Rice Version low in caloric density

3Tbsp water
1 C chopped green per 1 C chopped onions
2 cloves garlic

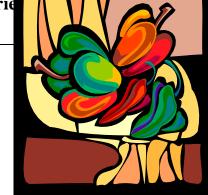
10oz skinless boneless chicken breast cubed 2 cups chicken broth 2Tbsp tomato paste 6oz long grain rice 6oz cooked kidney beans 1 C canned tomatoes

Low Caloric Density Instructions:

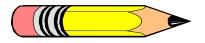
Heat water in the pan and sauté onions, garlic and green pepper until soft. Add the skinless chicken breast and cook until brown (~5 mins). Reduce heat, stir in broth and tomato paste. Add rice, beans and tomatoes, cook cover 20 minutes until most of the moisture has been absorbed. Uncover and cook 5 minutes more, serve immediately. Makes four servings. 344

calorie





Session 37: How Are You Doing?



Before the next one-on-one session, answer the following:

I feel my progress since the last one-on-one session has been:
Questions to ask my Counselor:

To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the** handouts for the previous group sessions. Bring any related questions or ideas to our meeting.

Session 37: Monthly Progress Report

1.	The only	weight management goal I selected last month v .)	was: (Complete A or B
		reight Loss : I wanted to lose lb in the next mo a weight of lb.	onth. This would take me
		reight Maintenance : I wanted to keep my weight d lb in the next month.	stable between lb
2.	What	is your evaluation of the progress that you made management goal over the last month? Check of	_
		Made no progressMade some progressMade good progressMade excellent progress	
3.	Pleas	e check the behaviors you followed regularly last weight management goals. Check (on the left has behaviors that you followed regularly.	
			Behaviors I Will
		Last Month	Follow This Month

4.	How successful were you in practicing these behaviors?
5.	Which behaviors have you practiced the most?
6.	Which behaviors have you changed the least?
	Please describe your success with any special weight management plans you practiced last month.

FOR NEXT MONTH:

month and your plans for tackling it.

1.	Please indicate your weight management goal for the next month.
	My weight management goal for the next (one) month is: (Complete A or B only.)
	G. Weight Loss: I want to lose lb in the next month. This would take me to a weight of lb.
	H. Weight Maintenance: I want to keep my weight stable between lb and lb in the next month.
2.	Please check all of the behaviors (on the right hand side of the previous page) that you plan to use in the next month to meet your weight management goal.
3.	Please describe any special problems that you will work on during the next

Problem Solving Worksheet

There are some basic steps to problem solving that will help you through the

process: Step 1. Define the problem. Try to be as specific as possible. Step 2. Brainstorm. Try to come up with as many possible solutions. Don't worry if they are good or bad. Make sure to record all of your possible solutions. Step 3. Consider the Options. Examine the realistic positive and negative consequences that might be expected for each possible solution that you came up with while brainstorming. Step 4. Choose a course of action. Pick the best solution. From the possible solutions that you came up with, pick the solution that has the most positive and least negative consequences.

	it out!	on. Design	a plan to imp	plement your	new possibl	e solution, and
was s	uccessful, the	n the proble	em solving p	rocess ends	here. Howev	ion was. If it ver, if it was not sible solution.

Alternative Coping Strategies Things that you can do to manage your Stress

- Find a friend to talk with and to help you solve the problem. You could have a friend or family member help you brainstorm your options to a particular problem. Having the support of others can often be useful. Research shows that people who are engaged in weight loss endeavors usually are more successful if they have support from others! This success also continues into the weight maintenance stage.
- Learn to relax with the use of relaxation techniques. Diaphragmatic Breathing and Progressive Muscle Relaxation techniques may work for you. Remember to breathe from your diaphragm and not your chest, and to be aware of your breathing. Deep breathing can help you to calm down and get a hold on your anxiety. It is also helpful to think relaxing thoughts while you engage in deep breathing. For example, you could simply repeat the word "Relax" over and over in your mind, or you could think of a relaxing scene in your mind. Many people enjoy thinking about themselves on a warm beach with the cool wind blowing on their body. In addition to deep (diaphragmatic) breathing, you can also engage in Progressive Muscle Relaxation (PMR) to relax and rid yourself of tension. PMR is a technique in which you first learn to relax your body through being aware of the differences between muscle tension and relaxation.

This is achieved by progressively tensing, then relaxing certain muscle groups. This technique is one that requires practice, but once you have mastered it, it is a technique that can be used in a variety of situations to reduce stress and tension. Once you have practiced and mastered this technique, it will take less and less time to relax your whole body in a matter of seconds!

- Engage in Distraction. When you are feeling down or blue, do something to distract yourself. People who have good imaginations are often good at this. You could think about a dream vacation, or think about an upcoming event that you are looking forward to. You could also engage in a number of activities. You could call a friend, take a walk, read a book, go shopping, go to a movie, clean your home, etc. Try to have a plan in advance.
- Listen to Music. Have you ever noticed that hearing a song you like can put you in a good mood? Listening to music (and singing along!) is a great distraction. Also, dancing to your favorite music is a great way to increase physical activity!
- Use Reflection. Reflect on the situation. Don't let your emotions get a hold of you. Stop and think about the situation and try to figure out how to solve the problem. Brainstorming and help from friends may help.
- Be Assertive. Don't be afraid to stand up for your rights and ask for what you want. Remember that there is a difference between being assertive and being pushy. In fact there are three different ways of communicating and behaving. The first way is by being non-assertive or passive. Persons who engage in passive or non-assertive behavior are frequently thought of as being "doormats!" They meet others' needs first, are dependent, and helpless. These type of person are also self-denying and inhibited. They put others' needs before their own, and as a result they often feel hurt, anxious, and even angry. On the opposite end of the spectrum, are people who engage in aggressive behavior as opposed to passive and non-assertive behavior. Persons who engage in aggressive behavior have concern only for themselves and frequently attack the other person not the problem. These people are intimidating, hostile, and manipulative. They often feel superior to others and feel guilty as a result of their actions. In the middle of the spectrum are people who engage in behavior that is neither passive nor aggressive. These persons engage in assertive behavior. People who are assertive attack the problem, not the other person, and stand up for themselves! An assertive person is an effective communicator, is expressive, and is direct. The assertive person feels

confident, and respects him / her-self as a result of his or her actions. So what can you do to engage in effective communication and behavior by being more assertive? The following are a list of techniques you can use to be more assertive:

- 1. Accept Compliments. You can accept compliments graciously. Thank someone for noticing your weight loss even if it is not enough to warrant success in your mind. You could say "Thanks for noticing, I have lost some weight," rather than "Oh, I need to lose much more than this."
- 2. Ask Why. When you are asked to do something that does not make sense to you, don't be afraid to ask why.
- 3. Express your disagreement. If you disagree with something or someone, you can express this by saying things like; "My opinion on the matter is different form yours..." or "I have a very different view...."
- 4. Ask for clarification. If someone tells you something and you don't understand, ask them to clarify it, rather than walking away feeling confused and dumb. You could say, "Your explanation was not clear to me, could you go over that again with me."
- 5. Speak up for your rights. Don't let others take advantage of you. You can state your rights and ask to be treated fairly. You could say, "Excuse me, but I was next in line."
- Use Self-talk. Challenge any negative thoughts. Remember that in Session 35, we spoke about common forms of twisted thinking, which may contribute to our negative emotions. Review the following for
- 'ms of twisted thinking and remember that being able to identify and challenge these maladaptive ways of thinking can have an impact on your emotions: Black And White Thinking (i.e., All Or Nothing Thinking); Overgeneralization; Catastrophic Thoughts (Making a mountain out of a mole hill); Emotional Reasoning; Should Statements (Perfectionism); Jumping To Conclusions {Mind-Reading And Fortune-Telling (Crystal Ball Effect)}; Mental Filter (One Bad Experience Spoils Everything).
- Physical Activity!! Research shows that regular aerobic exercise helps to lower stress levels.

Session 38: Mood and Hunger: Overeating and Inactivity

For many people, negative moods can sometimes get us off track. Being upset, "down in the dumps," angry, bored or stressed out can result in eating too much, having too many snacks, or skipping exercise sessions. It is important to recognize when your mood or "state of being" is affecting your eating and exercise habits.

Negative and Uncomfortable Moods

The thing that all these moods have in common is that they make you feel uncomfortable. When people feel uncomfortable, they are motivated to end the discomfort as quickly as possible. Further, when people expect these uncomfortable feelings are going to occur, they do whatever they can to prevent them. Unfortunately, when you are trying to lose weight or maintain your weight loss, the things that can make you feel better in the short run (for example, eating, snacking, or sitting in front of the TV) can also result in weight gain. Even worse, when you are feeling stressed, angry, tired, depressed or bored, you may not feel like sticking with your healthy eating and exercise program. You may give up on your efforts. These feelings can cause you to get off track not only in the short-term, but also over the long-term.

To help prevent these very normal human emotions and behaviors from disrupting your progress in Look AHEAD, understanding the relationships between your own emotions and healthy behavior is important.

First, it is helpful to identify the emotions that influence YOUR eating and physical activity habits.



Think about your hunger, emotions, and behavior. Which feelings seem to be linked most often with unplanned eating, overeating or periods of inactivity?

Check the feelings that have occurred most often for you:
Anger or Irritability
Anxiety or Stress or Frustration
Boredom
Depression or Sadness (Down in the Dumps)
Hunger or Craving for Foods
Other Uncomfortable Moods (Describe)

Did these feelings cause you to overeat, eat things you had not planned, skip your exercise, or fail to follow some aspect of the Look AHEAD weight management program?



Yes



Nο

If the answer is YES, your feelings DO interrupt your healthy eating and exercise efforts. Then it is important to come up with ways to stay on track even when your mood is negative.

Thinking Your Way Out of a Negative Mood

The way that people think about their moods or emotional reactions can influence how long they experience the emotion and how strong it is. For example, if you dwell on a feeling or on the situation that caused the emotion, you can start to have negative thoughts. These negative thoughts have the effect of making the emotions much more intense and increase the length of time that you experience them. In a sense, the negative thoughts "stir you up" and can increase the chance that you will "slip" or get off track and stay off track... and this can result in weight regain.

Addressing negative thoughts can help people cope with uncomfortable feelings by reducing the length of the negative mood and its intensity. Addressing these thoughts can also prevent the uncomfortable mood from interrupting your eating and exercise habits!

How can you cope with unpleasant emotions without having a slip?

FIRST, IDENTIFY your uncomfortable mood and determine if there is a negative thought that is making the situation feel worse or last longer.

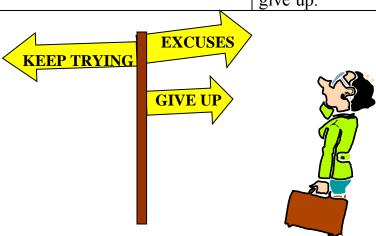
SECOND, LABEL the style of negative thinking that is contributing to your uncomfortable mood.

THIRD, TALK BACK to the negative thought using more positive – and realistic – ways of thinking.

Let's review the common styles of negative thinking. Spend a minute thinking about what types of thoughts about your eating, your physical activity or your weight tend to keep your mood negative or discourage you from maintaining your changes in eating and activity behaviors. Look for the styles of negative thinking that you might have experienced.

Styles of negative thinking:

Some commo	on negative ways of thinking:	Examples
Good or Bad	Divide the world into: · Good or bad · Seeing yourself as a success or a failure · Being on or off the program	"It's been a terrible day. I messed up everything. I might as well go for broke and have nachos, dinner and dessert. Nothing is going right. There's no hope for me."
Excuses	Blame something or someone else for our problems.We don't mean to go off the program, but we feel bad."	"My boss makes me so mad I can't stop eating." "I feel too depressed to go out and take a walk. I have no energy."
Should	Expect to be perfect.A set-up for disappointment.Leads to anger and resentment.	"I shouldn't eat pasta when I'm nervous, I just can't stop." "I should exercise every day or why bother?"
Not As Good As	Compare ourselves to someone else.Blame ourselves for not being good enough.	"Mary takes care of her elderly mother and still finds time to cook healthy and walk every day. What's wrong with me?"
Give Up	Defeat ourselves.Often follows the other kinds of negative thoughts	"I'm so stressed I ate everything in sight! I always do this. I'll never change! I might as well give up."



Look AHEAD Lifestyle Program, Session 0
Welcome to the Look AHEAD Lifestyle Program, Page 377

Ok, now that you know what style of thoughts you have, what do you do about them? Try searching actively for a more positive – and realistic – way of thinking about your experience. Look for a way to reframe your thinking (that is, think about it differently) so that you end up with a more balanced, helpful way of looking at things. If negative thinking and emotional eating isn't a problem for you, think of other weight maintenance related thoughts that might get in the way of your long-term success.

Negative Thought:	Example of Positive Ways to Reframe:
Good or Bad	Work Toward Balance
"It's been a terrible day. I messed up	"I feel terrible and things have not gone
everything. I might as well go for	the way I had hoped. I feel like I deserve
broke and have nachos, dinner and	to be pampered. But eating out of
dessert. Nothing is going right.	control will only make me feel worse. I
There's no hope for me."	can budget my calories to have a few
	nachos and still feel good about staying
	on my program."
Excuses "The donuts in the office call to me and	It's Worth a Try
I can't resist when I'm mad at my	"Everyone has to find a way to deal with
boss."	co-workers. I'll ask my group how they
	cope with a boss that makes them crazy."
"I feel too depressed to go out and take	"If I just go out for a few steps, I'll
a walk. I have no energy."	probably feel more energy – and less
	depressed. I'll try it and see if I'm too
	tired. I can always stop."
Should "I shouldn't eat pasta when I'm	It's My Choice
nervous, I just can't stop."	I can choose whether I want to eat pasta,
nervous, i just can t stop.	even if I'm upset. But I might try to
	limit the amount by using a smaller plate
	and making sure that I eat a big salad
"I should exercise every day or why	first so I'm not too hungry."
bother?"	"It was so hectic today I didn't get to
	walk, but I'll go tomorrow morning. It
	doesn't help me to be too hard on
	myself."

Not As Good As	Everyone's Different
"Mary takes care of her elderly mother	"It's not a contest. We all have
and still finds time to cook healthy and	challenges and we overcome them
walk every day. What's wrong with	differently. I need to give myself a break
me?"	and make sure that I set reasonable goals
	that work for me."
Give Up	One Step at a Time
"I'm so stressed I ate everything in	"I've learned something important about
sight! I always do this. I'll never	the situations that are hard for me. Next
change! I might as well give up."	time I won't be surprised and I'll have a
	plan to cope with the situation without
	eating as much."

When you try thinking about things in a more balanced and helpful way, remember that you may not feel better immediately. It sometimes takes a little while to actually start to feel better. Negative moods are a fact of life – everyone has them. The goal is not to stop having negative moods and feelings. The goal is to prevent uncomfortable moods or emotions from disrupting your healthy eating and exercise efforts.

It is important to recognize that overeating or skipping physical activity usually does not help you feel better in the long run. You may feel better for a moment if you eat a "comfort food" or if you sit on the couch and don't go do your physical activity, but in the long run, most people usually find that the situation that caused the unpleasant emotion is still there (eating didn't change it!) and they still feel bad. Some people even feel worse—because they have the situation that caused their negative mood PLUS they gained weight or felt disappointed in themselves for stopping their Look AHEAD program.

Though you can't always avoid the blues, you can help turn your mood around:

- ❖ First, you must **take notice** when your mood goes south. Ignoring bad moods is only likely to worsen them.
- Second, you need to take action to prevent a downward spiral:

✓ **Take off!** Don't sit and brood - change the situation or your surroundings (e.g. go for a walk, run an errand).



- ✓ **Get Physical!** Getting active not only changes the situation but also can directly improve your mood.
- ✓ Let it out! Call or talk to a trusted friend or family member who is a good listener. Or, write it out. Research has shown that putting your thoughts and feelings into writing eases distress, even if no one else reads it.
- ✓ **Do a mental workout!** Use the "Talk back to negative thoughts" tools you have learned.
- ✓ That's what buddies are for! Contact your buddy for support. Sharing your burdens will lighten your load.

Know Your Pattern

Recognizing when there is a pattern of negative emotions, extreme hunger and unhealthy behavior, like overeating or inactivity, is an important part of getting control over your emotions and eating. People often fail to recognize patterns of emotions, hunger, and behavior. A pattern is when the same thing happens over and over again. If you see a pattern of emotions, overeating and inactivity that seem to happen to you, plan to discuss this pattern in your next individual counseling session.

The following descriptions are examples of some common patterns of emotions, hunger, and behavior. See if one of them sounds like a pattern that might describe you.

The Caretaker

Bonnie is the strength of the family and the community. Everyone knows that you can always count on Bonnie. She will help out no matter what. She will help you if you are ill; she will take you to the doctor. If there is a committee that needs a chairperson or another responsible member, call Bonnie. Unfortunately, Bonnie is overweight and has been diagnosed with diabetes. She now knows what to do to lose weight and to manage diabetes. However, by being so good and so reliable for

other people, she often finds that she does not have time to follow her program of behavior change.

If you see a little bit of Bonnie in you, ask yourself, "What can I change? Be prepared to discuss these ideas in your next individual session.



The Hard Worker

John is known to be highly responsible and loyal to his company. He has worked for many years and has had his share of rewards. When someone is needed to work overtime, John is the man to call. If the job needs to be done and done correctly, John is the one for the job. Over the years, John really cannot stand sloppy work; this need for getting things right has even slipped into his family life. People often disappoint John. He has a hard time giving the job to someone else, so he just takes on the work himself. Why bother getting help from others if they are just going to "do it wrong". Over the years, people have gradually given John more and more work to do. Now John is overworked, stressed out, and resentful that no one ever works as hard as he does.

If John reminds you of yourself or others in your family, plan to discuss this pattern of behavior in your next individual session.

Bored and Hungry



Emily is a retired schoolteacher. After years of having a very busy schedule, she now finds that there is just too much free time in her day. When she gets bored, she finds herself thinking about food all the time and getting cravings. Emily starts out by eating a little bit of the foods she craves and the urges go away. But this slowly develops into eating larger and larger amounts of the foods. Emily thinks to herself "I've already blown my meal plan, so I might as well go ahead eat and more. That will at least satisfy my urges." Over several weeks, this "snacking" becomes a regular habit and she feels deprived if she cannot satisfy the craving. Since this habit is clearly not a part of the Look AHEAD meal plan, she is very reluctant to discuss it with anyone.

If Emily sounds a little like you, plan to discuss this pattern of behavior in your next individual session.

Are You Really Hungry or Are You in a Bad Mood?

For many people feeling hungry can be a sign that they are in a bad mood! Stop and think about it for a minute. Are there times that you feel hungry even when you've eaten recently? Could it be that you are depressed or stressed or bored or frustrated or experiencing one of the other uncomfortable feelings that we've been talking about? For some people, feeling hungry is a time to check in and make sure that their hunger isn't a sign of a negative mood. Why is this important? Because people who eat in search of feeling better often end up overeating or eating foods that are high in calories and fat. Furthermore, eating these foods usually doesn't help you deal with the bad mood! So, you end up with extra calories and you still feel bad!! That's not such a good deal.

TIPS to check out whether you are really hungry (your body needs food for fuel) or if you are in the middle of an uncomfortable emotion:

- 1. Are you craving a specific food? If you are hungry for something special, it is probably not your body calling out for food. It is more likely that something else is going on. Do a quick check in Are you stressed, tired, depressed, angry, bored? If you can identify one of these uncomfortable emotions, take DIRECT action. Do something to feel more rested (take a nap) or to get more energy (take a brisk walk) or to distract yourself (call a good friend on the phone or read an exciting book).
- 2. Plan an experiment. Rate your hunger on a scale of 0 (not at all hungry) to 10 (totally hungry, would eat anything not tied down). Then try eating your usual snack or the meal that you had planned. Wait another 20 minutes and rate your hunger again. Has it gone down? If not, you are probably eating to cope with your emotions not with your stomach!
- 3. Do something that makes you feel pampered or rewarded that doesn't involve food! Let yourself listen to your favorite music, take a hot shower, go work in the garden ... whatever makes you feel like your are taking care of yourself. Do this for at least 15 minutes and then see if you are still hungry. You may find that the feelings of hunger have diminished.



To do next week:

Keep Track

- **❖** Keep track of your weight, calories, fat grams, the minutes you are active, and the number of steps you take.
- **❖** Stay under your calorie goals by using the meal replacements and a meal plan.
- ❖ Identify times that you overeat or skip physical activity (or were tempted to) because of your negative mood and record in your Keeping Track. Record your negative thoughts and try to reframe into a more positive and helpful thought. You can write these thoughts right on the pages of your diary. Talk with your individual counselor if you notice that you fit one of the problem patterns (or feel that emotional eating is a particular problem for you).

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- * If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ Add 250 steps per day until you reach 10,000/day.
 Goal for next week =

Average steps/day last week _____+ 250 = ____ steps/day.

Session 39: Social Support for Physical Activity

So far, we have discussed several important strategies to help you become a successful exerciser and a physically active person. These strategies include using the FITT Principle to monitor exercise and physical activity, setting activity goals, and counteracting the destructive effects of barriers. However, there is another very important factor that is often involved in successfully maintaining an exercise program, but is rarely talked about: **Social Support!**



Social support for physical activity can come from many different sources and take many different forms. The members and leaders of the Look AHEAD group, your friends, and your family can all provide support for your physical activity by doing things such as exercising with you, helping with household chores so you have time for exercise, or just encouraging you to continue your physical activity.

Some of you may already receive social support for your physical activity. Perhaps you have a regular exercise "date" with a walking buddy (your spouse, a friend, or even your dog!), or perhaps your partner washes the dishes every night after dinner so you can get out and exercise. This type of social support is great, and it is has shown to be related to long-term maintenance of physical activity.

In this session, we want to help you find ways to increase the support you receive for exercise. In this lesson, we will suggest ways to increase the support you receive from others in the group, and also help you discuss ways to ask for (and hopefully receive) support from friends and family outside the group.

Using the Group for Support

One of the many benefits of the Look AHEAD program is that group members are an excellent source of social support for each other. Group members have many things in common – you all entered the program because you were concerned about your weight and your diabetes and chose to do something about it. You have all made progress in changing your physical activity. This might include getting yourself to walk even when you would rather sit on a comfy chair and watch TV. Since you have shared such experiences, we believe you can be very helpful to each other.

At this meeting, we would like to encourage you to support each other to be more active in two ways.



First, we would like for you to write a postcard with a motivational message or a picture that we will send to someone else in the group for you. In making your postcard, think about a message or picture that would be helpful in getting you to increase your activity. You won't know who will receive the postcard, so write a message that would be appropriate for anyone in the group. When you receive your postcard from a member of the group, it will serve as a reminder to be active and hopefully motivate you to go the extra distance!

Second, we would like for you to work in pairs to help each other find ways to increase physical activity. Some good questions to discuss with each other might be:

- What kinds of activity do you typically do?
- How many minutes of activity do you usually complete?
- Do you exercise alone or with others?
- What keeps you from being more active?

Spend a few minutes problem-solving together to address each other's barriers to increased activity. Remember, you are both in Look AHEAD for the same reasons and can benefit from each other's suggestions. Perhaps you can also provide ongoing support to each other by exchanging phone numbers and calling each other during the week to discuss your physical activity.

Obtaining Support from Others Outside the Group

In addition to the Look AHEAD group, your friends and family can also help you to maintain your activity. Most friends and family members want to support your new healthy behaviors but may be unsure how to help you stay active. Your job is to teach your loved ones how to provide the type of support you need.

•		Which friends or family members are most supportive of your activity?
	2.	What do they say or do to support your activity?
	3.	How could they be even more supportive to you? (Would it help if they exercised with you or if they did something that would give you more time to exercise? Would you like them to comment more on your success at being more active?)
	4.	Which friends and family are less supportive?
	5.	What do they say or do that is not supportive?
	6.	How could they be more supportive to you?

Asking Others to be More Supportive

You may need to teach friends and family members how to be more supportive. Start with those who are already helpful, and see if you can discuss with them ways to be even more supportive. Begin by complimenting them on their current support, and then suggest some new or additional approaches.

Example: "I really appreciate it when you walk with me after dinner. On evenings that you don't feel like walking with me, it would be really helpful if you would encourage me to just get out the door by myself for even five minutes of activity."

After improving their skills, you may be able to approach the less supportive friends and family members and ask for their help as well.



Asking Others to Decrease Their Nagging

Sometimes family and friends may nag you as a way to increase your activity. It is important to recognize that they mean well; they think they are being helpful! However, nagging often has the opposite result. It may make you feel angry and less likely to do the behavior. However, once again, you can teach these friends to be more helpful. Encourage them to praise any positive steps they see and ignore anything negative.

Example: "I know you are trying to help me when you say that I better get off the couch and go for a walk, but pointing out my problems often upsets me. It would be more helpful if you could comment when you see me doing something positive – like when I walk up the stairs - and don't say anything when you see me on the couch."

You may have to mention it several times. (Example: "Remember, I asked you to just ignore the times I'm on the couch and help me focus on my positive steps to becoming more active.") Little by little, they will learn to be more supportive, and you will learn to be more active.

Sharing Your Progress

In asking family and friends to increase their supportive behaviors and decrease their nagging, it may be useful to share with them the progress you have made in your physical activity since beginning the program. Emphasizing the progress you have made and the benefits you have noticed since becoming more active (e.g., increases in your energy, improvement in your mood) may help get your friends and family on board. Also, when asking family and friends for support, remember to be specific in your requests. Attached is a worksheet designed to help you focus your requests. Take a minute to fill this out and then consider sharing the worksheet with your potential support providers.



Ask for Social Support: Worksheet

*	As part of Look AHEAD, I am trying to increase my physical activity. I have already made some progress. (Describe progress – what were you doing for activity when you joined Look AHEAD and what are you doing now?)
*	With these increases in physical activity and my weight loss, I have already noticed some important physical and psychological changes. (Describe the benefits you have experienced – do you have more energy? Has your doctor commented on any health changes?)
*	Now I am trying to take the next step. My goal is to
*	I could use your help to achieve this goal. It would really help me if you could (Be specific – exactly what would you like your friend or family members to do or say; when would you like this to occur? How often would you like it to occur?)
*	If you can't do that, is there some other way you could help me increase my activity?

❖ I am glad you are going to help me be more active. I want to be as healthy as I can so you and I can enjoy many more years together.



To do next session:

Keep Track

- Keep track of your weight, calories, fat grams, food choices that are lower in caloric density, the number of minutes you are active, and the number of steps you take.
- **❖** Stay under your **calorie and fat gram goals. Record the meal replacements** you use.

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- * If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total number of minutes.
- ❖ Warm up, cool down, and do **stretches** when you're active.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.

Goal for next week =

Average steps/day last week _____+ 250 = ____ steps/day.

Ask for More Social Support for Your Physical Activity

- ❖ Identify how your family and friends could help you increase your physical activity and improve your weight management. Remember that you want them to increase the things that you would find helpful.
- ❖ Ask them for assistance. Remember to be specific in your request. You may need to remind them a few times.
- ❖ Praise them for their support. If you point out to them how helpful they are being, they are more likely to continue their support.



Session 40: How Are You Doing?



Before the next one-on-one session, answer the following:

X	Questions to ask my Counselor:

To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the handouts for the previous group sessions**. Bring any related questions or ideas to our meeting.

Session 40: Monthly Progress Report

The	e weight mana	gement goal I selected last month was: (C	omplete A or B only.)
K.	Weight Loss: of lb.	I wanted to lose lb in the next month. The	nis would take me to a weight
L.	_		between lb and lb in
	-		chieving this weight
	Made	no progress	
	Made	excellent progress	
mar follo	nagement goal owed regularly	s. Check (on the left hand side of the page)	• •
Hov		Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to ≥ 10,000/day) Record daily activity and steps Weight myself weekly or more often Attend group sessions regularly Attend individual sessions regularly	
	K. L. Wh man Plea man follo	K. Weight Loss: of lb. L. Weight Maint the next month What is your eval management goal Made Made Made Made Please check the bemanagement goals followed regularly Behaviors I Follow Last Month	K. Weight Loss: I wanted to lose lb in the next month. The of lb. L. Weight Maintenance: I wanted to keep my weight stable in the next month. What is your evaluation of the progress that you made in admanagement goal over the last month? Check one: Made no progress Made some progress Made good progress Made excellent progress Please check the behaviors you followed regularly last mont management goals. Check (on the left hand side of the page) followed regularly. Behaviors I Followed Last Month Eat three meals a day Reduce eating at meals Limit snacks between meals Record daily foods and calories eaten Use meal replacements Engage in ≥ 175 min physical activity/wk Increase daily steps (to ≥ 10,000/day) Record daily activity and steps Weight myself weekly or more often Attend group sessions regularly

5. Which behaviors have you practiced the most?

6.	Wl	nich behaviors have you changed the least?			
7.		ase describe your success with any special weight management plans you practiced month.			
F(OR 1	NEXT MONTH:			
1.	Please indicate your weight management goal for the next month.				
	My	weight management goal for the next (one) month is: (Complete A or B only.)			
	I.	Weight Loss: I want to lose lb in the next month. This would take me to a weight of lb.			
	J.	Weight Maintenance: I want to keep my weight stable between lb and lb in the next month.			
2.		ase check all of the behaviors (on the right hand side of the previous page) that you in to use in the next month to meet your weight management goal.			
3.		ase describe any special problems that you will work on during the next month and ir plans for tackling it.			

Session 41: Preventing Relapse: An Ounce of Prevention is Worth Pounds

Have you lost weight before? Did you keep it off? When you started Look AHEAD, did you have doubts or worries about keeping the weight off? Some people who are trying to control their weight end up regaining some. You may have lost weight in the past but found that you slipped back into your old behaviors, and your weight slowly crept back up. How does this happen and how can you prevent it from happening to you in the future?

Weight regain usually starts with a lapse. A lapse is a temporary and small slip in your weight loss efforts. It might be overeating at a particular meal or for a day or two. It could be skipping your exercise one week while you are on vacation. Lapses are a natural part of weight management. At some point, everyone has lapses - small slips, errors or times when they briefly return to an old habit. By itself, a lapse will not cause you to gain back the weight you've lost.

But if you fail to cope with a lapse, it can grow into a relapse. A relapse is a return to your earlier eating and activity habits and is associated with significant weight regain. A relapse usually results from a string of several small lapses that snowball into a full-blown relapse. The most effective way to prevent a relapse is to identify the lapses early and deal with them before they turn into a relapse.

Breaking the Relapse Chain



In many ways a lapse is like a small fire that breaks out. For example, a potholder might catch fire while you are making dinner. The fire can be easily extinguished if you stay calm and take the proper action. However, if you do not take action right away, this small fire can grow. Soon the kitchen is in flames and then more extreme action is needed to stop the fire. But you can still prevent the house from burning down (a total relapse) if you have a plan, like

calling the fire department right away. The entire house burns down only if you don't take action. And the earlier you take action, the easier it is to stop the house from burning down.

Relapse happens in much the same way. If you take action, you can stop the process – or break the chain. And the earlier you take action, the easier it is to stop the relapse.

The Relapse Chain

The relapse chain looks a little like this:

High Risk \rightarrow No Plan for \rightarrow Small Lapse \rightarrow Negative Thinking \rightarrow Another Lapse \rightarrow Full

Situation Situation Occurs and No Plan and No Relapse

for Lapse Comeback Plan

Consider the following example of a lapse that could well lead to a relapse:

Rose slowly but steadily lost 19 pounds in Look AHEAD over a 7-month period. She worked out a meal plan that allowed her to lose weight without feeling deprived and made walking a regular part of her week. She felt better than she had in years and was proud of herself. Then she and her husband went for a long weekend at the beach. After doing so well, she felt she deserved a few days without worrying about what she ate. When she got home, she weighed herself – and couldn't believe that she was two pounds heavier than when she left for her trip! She was upset and felt like there was no use trying. She thought "if I can't just enjoy myself for a few days, why even bother?" Then she became depressed and frustrated and did not resume her meal plan or begin walking. When she got ready to go to group a week later, she had gained 5 pounds and didn't want to go back to group until she had lost the 5 pounds.

Think about Rose's situation. What were the critical links in her chain? How could she have broken the relapse chain at each of the links?



Preventing Relapse

To prevent relapse and weight regain you need to do two things.

- ✓ First, you need to **recognize danger zones or high-risk situations** and have a plan to cope with them. This will allow you to avoid the small setbacks or lapses.
- ✓ Second, you need to have another **plan to handle the small lapses** so that they do not grow into a full-blown relapse. Planning is the key. **Don't be caught off guard!**

Recognizing Your High Risk Situations

You may have thought already about coping with lapses earlier in the Look AHEAD program when you were actively losing weight. Now that you are working on weight maintenance or your weight loss has slowed down, it is a good time to think about what high risk situations face you now. Your high-risk situations may be the same as the ones that you faced earlier or they may have changed.

Think about the times in the past weeks when you might have slipped or had a lapse. What was going on? What circumstances led to your lapse? There are some situations that are commonly identified as high risk by individuals trying to manage their weight. Review the worksheet on the next page. Do any of these apply to you? Circle those that apply to you.

Remember, different situations may be high risk for unexpected eating than the situations that put you at risk for stopping your physical activity or other behaviors that have helped you control your weight (like recording in your Keeping Track or coming in for Look AHEAD sessions). Think about times when you've missed your physical activity, skipped recording or not attended a Look AHEAD group session. What situations put you personally at risk for stopping these important weight management behaviors?

Remember that both positive and negative situations can be risky for lapses. Some of these high-risk areas will apply to you more than others, but carefully consider each area to see if you think it presents a risk of a lapse for you. Are there other situations that are high risk for you? If so, add them to the list.

HIGH RISK SITUATIONS

Emotional High Risk Situation

Positive	Negative	
 You just got a new job and want to celebrate at your favorite restaurant with a meal and wine! You are on vacation, feeling relaxed and enjoying being with your family. 	 You feel overwhelmed by things you can't control in your life. You've been feeling lonely, sad or depressed. You are angry, upset or frustrated. 	

High Risk Breaks in Routine

Positive	Negative	
 You are on vacation and staying at a relative's home or in a hotel. You're traveling & eating out for each meal. The weekend is relaxed, and you don't have a structured routine. 	 You are ill and can't do your usual activities. You have a very busy time at work or at home. Your spouse, sibling or parent is in the hospital and you go to visit regularly. 	

Social High Risk Situations

Positive	Negative	
 You are at a party and don't want to stand out by not having cake. You go out to dinner with friends and everyone orders high calorie meals. Your boss invites you over for dinner. 	 You have an argument with a friend, people at work or at church. There are difficulties in your family. Your children refuse to eat the low calorie foods you made. 	

Other High Risk Situations

High Risk Negative Physical States	High Risk Urges and Temptations
1. You feel tired or exhausted.	1. You unexpectedly find high calorie, tempting
2. You have trouble sleeping.	snacks in your pantry.
3. You are ill or don't feel well.	2. You crave a specific food.
4	3. Someone gives you a box of chocolates as a gift.
5	4
	5
Oth	er Situations
1.	

Pa ris yo Ro th that	A PLAN that you can use in your high risk situations to prevent a lapse. art of successful weight management is having a plan to deal with your high situations so that they don't become lapses. Write down your plan so ou can look back on it when you find yourself in the middle of a slip. emember your plan should involve taking action to change the situation, oughts and behaviors, or both. Make sure your plan is specific and detail you will be able to follow it when he middle of your high risk situation.
• I	am at high risk for stopping my healthy eating when
	_
	_·
	✓ My plan to handle this situation so that I don't slip or lapse is
	✓ My plan to handle this situation so that I don't slip or lapse is
	✓ My plan to handle this situation so that I don't slip or lapse is
	✓ My plan to handle this situation so that I don't slip or lapse is
	✓ My plan to handle this situation so that I don't slip or lapse is

	-
	-
	-·
oing	at high risk for missing a Look AHEAD meeting or not recording in my k when
.• 	
✓	My plan to handle this situation so that I don't slip or lapse is

Having a lapse is a natural part of weight management. Even when you have an excellent plan to handle your high-risk situations, you cannot always prevent or avoid lapses. It doesn't mean that you have failed or that you are certain to regain your weight! Lapses are part of the learning process. Just as you can't learn to skate without falling once in a while, you can't develop weight management skills

without having a lapse once in a while. What matters is how you respond! Just as you must get back up and try again after you fall down when skating, you have to get right back on track if you have a lapse. You need a comeback plan to prevent your lapse from growing into a relapse.

What Makes a Good Comeback Plan?

- ❖ Take charge immediately. Get back into action As Soon As Possible!
- ❖ Stay calm and listen to your positive self-talk.
- * Remember that no short period of overeating or skipped activity will erase all of your progress.
- ❖ Learn from your lapse by figuring out how to avoid it or manage it better in the future.
- ❖ Be kind to yourself. How you think about your lapse is the most important part of the process. If you use it as a learning opportunity, you will succeed. If you give up and stop trying to make changes, then you are at risk for relapse.



Develop YOUR Comeback Plan

Your comeback plan should include the things that you found helpful in losing weight earlier in the Look AHEAD program. If you have a setback and regain weight, you will want to start back with the most powerful behaviors that you have available to help you lose weight.

Your Comeback Plan might include these behaviors:

- ❖ Start Keeping Track daily, making sure that you write everything you eat and drink, taking care to be as accurate in your portion sizes as you can.
- ❖ Budget a few less calories over the next several days or increase your exercise by 10 or 15 minutes for several days to make up for the extra calories you ate.
- ❖ Start your physical activity that very day or the next, making sure that you give yourself realistic and achievable goals.
- ❖ Start planning out what you will eat at your *next* meal. Plan what you will eat the next day for each meal and your snacks also. You might consider using pre-packaged frozen meals or liquid meal replacements. Plan meals for several days ahead but start with the next meal (don't wait until tomorrow!).
- ❖ Call your group leader, another group member or a good friend for a pep talk to help you start your Comeback Plan and to feel optimistic about your success.
- * Reflect on your progress. Renew your commitment.

Think about what will be the most effective Comeback Plan for you to help rescue yourself from a lapse and prevent a full relapse. Write down the steps for your plan and keep your written plan in a place that you will be able to find.

What two steps can you take

immediately after a lapse to comeback and get back on track?

What negative thinking might get in the way of putting your comeback plan into action?
What positive thoughts will you use to keep yourself going with your comeback plan?
How will you reward yourself when you get back on track?



To do next week:

Keep Track

- * Keep track of your weight, calories, food choices that are low in caloric density, fat grams, minutes you are active, and the number of steps you take.
- **Stay under your calorie and fat gram goals by using the meal replacements and meal plan.**

Be Active

- ❖ Walk (or do something like walking) for at least 175 minutes per week.
- **❖** If you've already achieved 175 minutes/week, try increasing your activity level by adding another 25 minutes to last week's total number of minutes.
- Warm up, cool down, and do stretches when you're active.
- ❖ Add 250 steps per day to your average steps per day until you reach 10,000/day.

Goal for next week =

Average steps/day last week _____+ 250 = ____ steps/day.

Relapse Prevention Plans

- ❖ Identify your high-risk situations and come up with a plan to cope with the situations so that you avoid a lapse.
- Develop your Comeback Rescue Plan for lapses in eating, activity and Look AHEAD habits and place your Rescue Plan in an easily reached place.
- * Keep your eyes open in the weeks ahead to see if there are other high risk times that you did not realize before-times when you were tempted to eat something not in your meal plans or to skip your activity. When you discover a new high-risk situation, outline a plan to cope with it and write it down.

Session 43: How Are You Doing?



Before the next one-on-one session, answer the following:

X Questions to ask my Counselor:	X —	I feel my progress since the last one-on-one session has been
X Questions to ask my Counselor:		
	X	Questions to ask my Counselor:

To get the most out of our meetings, please do the following:



Write down any questions or ideas that occur to you during the group meetings. Bring them in when you meet with me.

Before our meetings, **review the** handouts for the previous group sessions. Bring any related questions or ideas to our meeting.

Session 43: Monthly Progress Report

1.	The weight managem	ent goal I selected last month was: (Co	omplete A or B only.)
	M. Weight Loss: I w of lb.	anted to lose lb in the next month. Th	nis would take me to a weight
	N. Weight Maintena the next month.	ance: I wanted to keep my weight stable b	petween lb and lb in
2.		ion of the progress that you made in act the last month? Check one:	hieving this weight
	Made no	progress	
	Made sor		
	Made goo		
	Made exc	cellent progress	
3.		aviors you followed regularly last mont heck (on the left hand side of the page)	• •
	R I U I I I V	three meals a day deduce eating at meals deduce eating at meals decord daily foods and calories eaten decord daily foods and calories eaten decord daily steps (to ≥ 10,000/day) decord daily steps (to ≥ 10,000/day) decord daily activity and steps decord daily activity and steps decord daily sessions regularly detend individual sessions regularly	
4.	How successful were	you in practicing these behaviors?	

5. Which behaviors have you practiced the most?

6.	Which behaviors have you changed the least?			
7.	Please describe your success with any special weight management plans you practiced last month.			
F	OR NEXT MONTH:			
1.	1. Please indicate your weight management goal for the next month.			
	My weight management goal for the next (one) month is: (Complete A or B only.)			
	K. Weight Loss: I want to lose lb in the next month. This would take me to a weight of lb.			
	L. Weight Maintenance: I want to keep my weight stable between lb and lb in the next month.			
2.	Please check all of the behaviors (on the right hand side of the previous page) that you plan to use in the next month to meet your weight management goal.			
3.	Please describe any special problems that you will work on during the next month and your plans for tackling it.			

Decision Balance Worksheet

The Pros and Cons of Changing your Diet to reduce calorie and fat intake

Benefits of Not Changing your Diet	Benefits of Changing your Diet
Eat whatever I want!	Able to lose weight! Improve health!
Drawbacks of Not Changing your Diet	Drawbacks of Changing your Diet
Increased risk of health problems.	Need to learn a lot!

The Pros and Cons of Engaging in Regular Physical Activity

Benefits of Not Exercising	Benefits of Exercising
More time to relax.	Feel better!
	Improve health!
Drawbacks of Not Exercising	Drawbacks of Exercising
Weight maintenance is more difficult.	I get so bored with it.
	It takes time.

Since joining the Look Ahead Program, what are the *health-related benefits* that you have experienced?

Since joining the Look Ahead Program, what are the *appearance-related benefits* that you have experienced?

How would you say these benefits have influenced your quality of life?

Problem Solving Worksheet

There are some basic steps to problem solving that will help you through the process:
Step 1. Define the problem. Try to be as specific as possible.
Step 2. Brainstorm. Try to come up with as many possible solutions. Don't worry if they are good or bad. Make sure to record <i>all</i> of your possible solutions.
Step 3. Consider the Options. Examine the realistic positive and negative consequences that might be expected for each possible solution that you came up with while brainstorming.
Step 4. Choose a course of action. Pick the best solution. From the possible solutions that you came up with, pick the solution that has the most positive and least negative consequences.
Step 5. Take Action. Design a plan to implement your new possible solution, and carry it out!
<u>Step 6.</u> Evaluate the Outcome. Evaluate how successful your solution was. If it was successful, then the problem solving process ends here. However, if it was not successful, then you need to return to step 4 and choose another possible solution.

Session 44: Congratulations – You've Completed One Year of the Look AHEAD Lifestyle Program!

Celebrate Your Progress!!

We want to recognize all the hard work you've done during the past year and celebrate the progress that the group has made! You have made important changes in your eating and physical activity over the past year. You have come a long way and deserve a lot of credit for making all the big and small changes that you have made. We hope you are proud of all that you have accomplished. We are proud of you!! To help you think back on the year and see how far you have come – and what helped you get there – use the session worksheet to think about "What This Year Has Meant to Me." Don't forget to focus on what went well for you in addition to what you hope to do in the future.

Saying Goodbye to the Group

As you move into the next phase of the Look AHEAD program, you will be seeing less of the other members in your group. You will continue to see your individual counselor once a month and have another contract with him or her each month. You will also be invited to attend special interest sessions on topics relevant to weight maintenance periodically. But you may not see other group members regularly. So you may want to take some time to tell your fellow group members how they've helped you be successful in the past year. It is very likely that a good suggestion, encouragement when you were discouraged or inspiration from someone with a similar challenge has helped you be as successful as you have been. Let the other group members know how they have contributed to your success. You may also find that you have played an important role in some else's success!

Maintaining Your Progress

You may be wondering what will happen once the group sessions end. You may be thinking about what will happen if you start to have trouble staying on your program or notice that you start to regain weight. It is important to come up with a plan to help you be successful at weight maintenance once the regular group meetings end.

Your "Personalized Maintenance Plan" is the best way to help you maintain your weight loss. These are the steps that helped you lose weight and these methods will also help you keep it off. We strongly encourage you to continue your weekly check-in and to weigh yourself twice a week. We also encourage you to continue graphing your weight. Graphing is important because a gradual weight gain might not get noticed. Graphing helps you keep track of what it going on with your weight and lets you know when you have hit your "early warning weight" and need to take immediate action to get back on track. Finally, continuing to do your "Keeping Track" is perhaps the best method of all. If you are writing down everything you are eating and drinking, you will notice when your caloric intake starts to increase. You will see that a problem is starting before the scale starts to go up. You should bring your "Keeping Track" records with you to your ongoing individual sessions.

Using these tools consistently will help prevent weight gains from occurring. However, if you are gaining weight and your weight approaches your "early warning weight" on your weight graph, here are the steps you should take:

1. Make sure you that you are following your Personalized Maintenance Plan and are writing down your food and beverage intake in your Keeping Track.



2. Consider using structured or portion controlled meals to help you get back on track. Review Session 27 for pointers on structured meals. Continue with this plan until your weight returns to your goal weight.



- 3. Are you exercising? Increased physical activity is one of the most helpful strategies to help you maintain your weight loss and an important part of weight control. If you have cut down on your exercise or are not active for 175 minutes/week, think about increasing your activity by walking or other similar forms of exercise. Remember to record your physical activity so that you can see how you are progressing!
- 4. If you have difficulty following these steps after a week or so, please get in touch with your individual Look AHEAD counselor. You will be able to work together with your individual counselor to help come up with a successful plan that works for you.

Planning For The Future

Even though we are no longer meeting regularly, you will still have frequent contact with the Look AHEAD staff. We are always here to help you stay on the program and overcome any obstacles you may encounter. You can call us whenever you think that we can assist you. Do not hesitate to call!!! Knowing when to get help reversing a small weight gain is one of the most important skills you have.

- ❖ At minimum, you will have two monthly contacts (one by the phone or email, one in person) with a counselor.
- ❖ You will be invited to attend periodic special interest sessions on topics relevant to weight maintenance.

Enjoy the party!



WHAT THIS YEAR HAS MEANT TO ME

Progress Review Changes you've made to be more active: The biggest challenge you've had so far that you overcame to make changes in your physical activity: The physical activity change that you are most proud of: Changes you've made to eat fewer calories: The biggest challenge you've had so far that you overcame to make changes in your diet:

The dietary change you are most proud of:

What strategies have been most helpful to you in making these changes?	
Looking to the Future	
What goals will you focus on to help you maintain the changes you have made?	
What are your plans for staying on track in the absence of these group sessions? How will you get the support you need?	

