

Look AHEAD Program

All sessions include a weigh in and homework review at the beginning of the session. Starting with session 8, muscle stretches and exercises are included at the close of each session.

Session 0A: Welcome to the Look AHEAD Lifestyle Program

- Weigh participant and graph weight
- Introduction to the program
 - Greeting/background & role in the program
 - Participant's background
 - Program overview
 - Lifestyle group assignment
 - Lifestyle participant notebook
- Weight Loss Goal
 - 10% weight loss goal. Participant's weight graph. Healthy balance approach
- Meal replacement and meal plans
 - How to use them. Benefits. Taste test
- Activity goal
- Overview of Look AHEAD goals
 - Achieving lifestyle goals
 - Benefits of reaching lifestyle goals
- Behavioral Model
- Overview of sessions
- Individual counselor-participant relationship
- Homework & Close

Session 0B: Welcome to the Look AHEAD Lifestyle Program

- Welcome and introduction
- Lifestyle goals
- Supplemental handouts
 - Remember your purpose handout
 - Weight/eating/physical activity handout
 - How ready are you handout

Session 1: Welcome to the program

- Welcome and introduction
 - Introductions/overview, program overview, session 1 overview, additional information
- Group member introductions
- Session schedule/group guidelines
 - Participant meeting schedule
 - Group guidelines

- Lifestyle goals
 - Weight, calorie, and exercise goals
- Keeping track
 - What to record, how to record, practice keeping track
- Homework & Close
 - Keep track & Be active

Session 2: Getting started tipping the calorie balance

- Tipping the calorie balance
 - Calorie balance
 - How much does it take to tip the balance?
 - Example of how to lose one pound per week
- Rationale and basic principles of self monitoring calories and fat
 - Calories in food
 - Fat
 - Heart disease, fat gram goal, high-fat foods
 - Fat in foods
 - Hidden fat, low fat and fat-free foods
- Keeping track of calories and fat
 - How to keep track of calories and fat
 - Packaged food labels
 - Adding calories and fat grams

Session 3: Easy ways to eat fewer calories

- Adhering to calorie and fat gram goals
- Weighing and measuring demonstration
- Demonstrate how to level with measuring cups and spoons
 - Demonstrate measuring with a glass measuring cup
 - Demonstrate measuring with a scale
 - Participant practice
- Introduce meal replacements
 - Rationale for meal replacements
 - Help people lose weight, nutritional balance/safety, research supported
- Look AHEAD Meal Plan
 - Rationale
 - How to use the plan
- Using meal replacements and the meal plan together
 - first four months/after four months recommendations
- Making meal replacements work for you
 - FAQs and barriers
- Social support

- Guidelines for using the meal replacements and meal plans
- Participant plan
- Effects of using meal replacements and meal plans

Session 4: Move those muscles

- Good things about being active
- How to find the time to be active
- How to take your heart rate/ how hard are you working
- What to wear
- When to stop exercising

Session 5: How are you doing?

- Overview of the individual session
- Weigh participant and graph weight
- Review “Progress Summary”
 - Review: Reasons for joining the program. Weight goal. Activity goal. Changes in eating or activity.
- Review keeping track
 - Dietary adherence, non-adherent participants, elected not to use meal replacement, no skipping meals.

Session 6: Working with what’s around you

- Eating cues
 - Changing problem cues
- Common problem food cues
 - Home, work place
 - Key points & shopping tips
- Activity cues and how to change them
 - Add positive activity cues & get rid of cues for inactivity
- Problem food cues and activity cue place

Session 7: Problem Solving

- Problem solving
 - Describe the problem in detail
 - Five steps to solving a problem
 - Practice problem solver
 - Make a positive action plan
- Step your way to success
 - The pedometer & how to use it
 - Important reminders

Session 8: Being Active: A Way of Life

- Barriers to being active
 - Invite participants to discuss their own barriers
 - Discuss additional ones & brainstorm possible solutions
- How to find the time to be active
- Discuss usual activity and structured activity
- Pedometer use: look at records, discuss how to increase number of steps
- Keep it safe
- Muscle stretches

Session 10: Eating Healthy

- Discuss what healthy eating is
- The way you eat
 - How often you eat, how fast you eat
 - Recommended strategies to slow down eating
 - Food traditions/culture
- What you eat
 - Discussion of the Food Guide Pyramid
- Rate the plate
 - Check the overall balance of their meal in accordance with the FGP
 - Pick low-calorie, low-fat foods; use substitutes; find ways to lower the calories
- The Food Guide Pyramid and eating lower-calorie foods
- Stretches

Session 11: More about healthy eating

- Build a better recipe (discuss lower-calorie, lower-fat cookbooks)
- Popular fad diets
 - High-protein, low-carb diets
 - Claims vs. truths
- Muscle stretches

Session 12: Four Keys to Healthy Eating Out

- Eating out
 - Four basic keys to eating out
 - Planning ahead, asking for what you want, work with what's around you, be careful about the foods you choose
 - What's next on the menu
 - Fast food
 - Managing diabetes when eating out
 - Problem solving when you eat out
 - Muscle stretches

Session 14: Talk back to negative thoughts

- Common negative thoughts
 - “Good” or “Bad”
 - “Should” thoughts
 - Not As Good As
 - Giving up
 - Rationalization (or Excuses)
- Talking back to negative thoughts
 - It is necessary so that these thoughts won't cause negative behaviors
 - Review the 3 steps of how to talk back
 - Uncover the negative thought and/or the goal that is out of reach
 - Using “STOP!”
 - Talk back with a positive thought
- Positive ways of thinking related to realistic goals
 - Review negative thoughts and possible ways to counter them

Session 15: The Slippery Slope of Lifestyle Change

- Lapse and relapse prevention
- The slippery slope of lifestyle change
 - Define “slips”
 - Stress that nearly all people experience episodes of overeating or “under” exercising
- What to do after a slip
 - Summarize: they are normal and expected, one slip won't ruin everything, it is the reaction to the slip that matters, etc.
 - Review the steps to take after a slip:
 - Talk back. Ask questions. Regain control. Talk to someone supportive. Focus on positive changes.
- Making action plans for handling slips

Session 16: Emotions and You

- What kind of eater are you?
 - Describe a recent time of overeating or being inactive
 - Trying to eat less, but ending up eating too much because meals were skipped
 - Trying to eat less and succeeding most of the time
 - Not trying and eating too much
- Identifying emotions
 - The vicious cycle of emotions, overeating, and being inactive
 - Negative thoughts
- Flexible weight loss strategies
- Practice exercise related to emotions and possible solutions

Session 18: Handling holidays, vacations, and special events

- Tips to handle holidays, vacations, and special events
 - Plan pleasures other than food or drink. Hold a family meeting ahead of time. Have reasonable expectations. Decide what you want to do about alcohol. Build in ways to be active.
 - Problem solving
- Reflecting on priorities
- Saving time for a healthy lifestyle

Session 19: Jump start your activity plan: Muscle Training

- Look AHEAD activity goal
 - Current and long-term goal. Reaching that goal.
 - Benefits of being more active. Review strategies for becoming more active
- Strength training: How to start a muscle training program
 - Discuss adding something new and its benefits

Session 20: Make social cues work *for* you

- Meal replacements
 - Pros and cons
 - Meal replacement options for the past 20 weeks
 - Problem solving
- Social cues
 - Problem and helpful social cues
- Changing problem solving cues
 - Stay away from the cue, change the cue, and practice responding in a more healthy way.
- Adding helpful social cues
- Identifying sources of support
- Social cues at social events
- Action plans for changing a problem social cue and adding a positive cue
- Muscle training exercise

Session 22: You can manage stress

- Defining stress
- Preventing stress
 - Practice saying “no,” share some of your work with others, set goals you can reach, use problem solving, take charge of your time, plan ahead, keep things in perspective, reach out to people, and practice relaxation.
- When you can’t avoid stress
- Muscle training exercises

Session 23: Ways to stay motivated

- Think about what you've achieved and hope to achieve. Think about your successes. Keep a record of your progress. Keep track of weight, eating, and activity. Add new or different things to your routine. Set new goals. Create some friendly competition. Use the staff and others to help you stay motivated.
- Muscle training exercise.

Session 24: Becoming a weight loss expert

- Review the last 6 months and discuss what will happen next
- Talk about maintaining the changes made, reaching their other goals, and maintaining their goals.
- Give an example of a previous participant (one good example and one bad example)
 - What he/she did and how he/she felt during the first 6 months and the following 6 months
- Stress that weight loss can be maintained
- Discuss the changes they made in the first 6 months and choose one behavior change to make a positive action plan to maintain the behavior.

Session 25: How are you doing?

- Participant fills out questionnaires related to their weight management goals and strategies