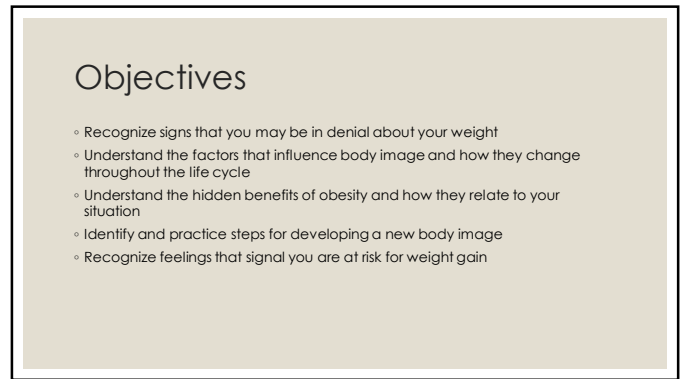
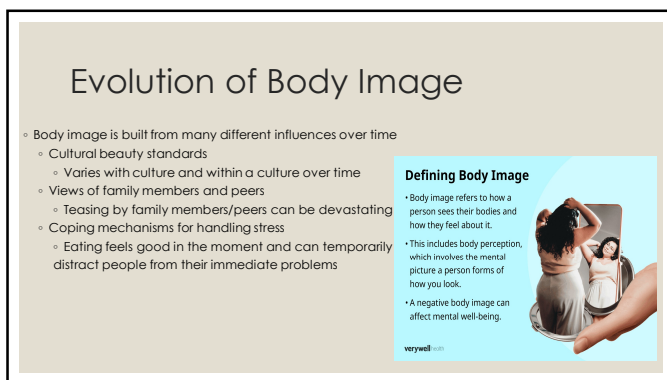


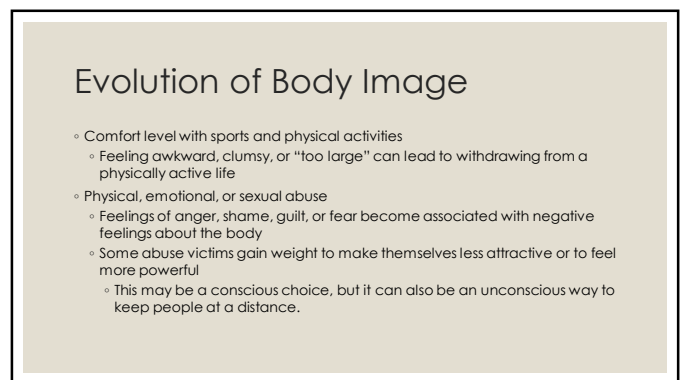
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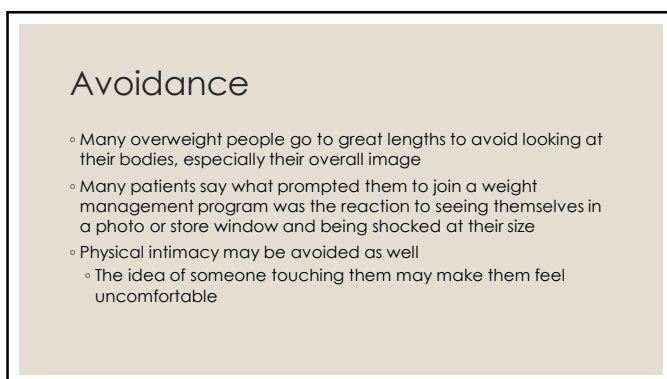
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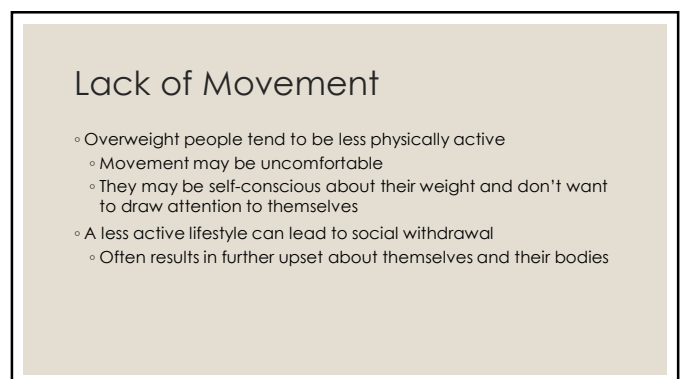
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Heightened Awareness of Weight Gain

- Overweight people can be more aware of weight gain than weight loss
- Carry the image and feelings of being heavy even after they lose weight
 - Why? Perhaps fear of failure and disbelief that they can be successfully keep the weight off
- Being more aware of weight gain helps them to mentally prepare for the criticism they anticipate receiving

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Hidden Benefits of Obesity

- Sometimes remaining overweight can have benefits (these can be conscious or unconscious)
 - Excuse for unmet goals
 - I can't find a mate because of my weight
- Power of protection
 - Overweight men in particular may like the sense of power they have as a larger man
 - Some people find a larger body size gives them a sense of protection from physical harm
- Increased professional credibility
 - Some people feel being a larger person shows they are devoted to their work (taking little time for personal life)

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Hidden Benefits of Obesity

- Decreased threat to friends or peers
 - Since people often mistrust "very attractive" people, being overweight can be a way of saying "I'm not a threat to you."
- Test of mate's commitment
 - People may use their weight as a way to test if their mate loves them as they are
 - Being heavy may help some stay faithful since they are less likely to cheat
- Staying off the radar screen
 - Some overweight people report feeling "invisible" therefore others expect less of them

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Developing a Healthy Body Image

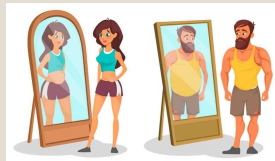
- Acknowledging your current body image, understanding its roots, appreciating your appearance, and gradually adjusting to a thinner you are important towards long term weight management
- Until you do this, you may feel uncomfortable at a lower weight
 - You may unconsciously sabotage yourself and begin to regain weight to get back to your old comfort zone



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Signs you May be at Risk for Weight Regain

- Resentment or anger at people who seem to notice you for the first time even though you have met them before
- Anxiety when you receive attention for your new appearance
- Pressure to meet new expectations- yours or those of others
- Inability to see you've lost weight



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Be Kind to Yourself

- Concentrate on your best qualities
 - What do you like best about yourself
 - Great sense of humor, piano skills, painting
- Appreciating your body
 - People come in all shapes and sizes
 - Some parts of your body will change as you lose weight, but you will be the same person inside.
 - It is okay to not look like a celebrity
 - Appreciate and accept your unique body shape/features
 - What do you like about your body?
 - Eyes, hair, skin, hands



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Positive Self Talk

- Everyone talks to themselves "in their heads." Putting yourself down continues to make you feel bad. Changing from negative to positive self-talk can change your mood and behavior
- Chris came home from a track meet feeling disappointed that he didn't win the race.
 - Negative- I should just quit. I'm too overweight to be on the team anyway
 - Action: Went to the kitchen to find something to eat- found a bag of chips and polished it off watching TV
 - Positive- Although I didn't win, I almost beat my best time. I practiced hard this week. I'm going to get some pointers from my coach to improve my form
 - Grabbed the dog and went for a nice walk in the neighborhood

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Examples of Positive Self Talk

- I'm taking one step at a time to reach my goals. I know that's how I am going to get there
- My weight doesn't define who I am as a person. I know I am a good person
- I like to move my body. It feels good and is healthy
- My body is powerful and strong
- Nothing can stop me from being successful
- Even if I have a setback, I can just get started again
- Eating when I'm not hungry doesn't make sense. I'm going to find something I enjoy doing instead

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Give yourself a pep-talk

- Make a list of positive statements (affirmations) and repeat them to yourself regularly
 - I can take control of my weight
 - I can make active choices in my day
 - I can take 5 minutes for myself
 - I have several friends I can count on
 - I am happy about _____
 - I am an asset to my company



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Imagine Your Ideal You

- Develop a sense of success by creating in your mind the ideal person you want to be
- After your image is clear in your mind, tell yourself you have achieved your ideal and feel the way you would if you were that person
- You can also concentrate on a time when you were your best
- By recalling these memories, you remind yourself of times when you liked yourself best
- Athletes have understood and used these techniques of visualizing success and so can you!



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Stand Tall and Smile

- Nonverbal behaviors communicate a great deal about how confident you are
- People who feel good about themselves
 - Hold their bodies erect
 - Keep their heads up
 - Smile! A smile is the most telling sign of approachability and warmth

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Reward yourself for your Success

- Pat yourself on the back when you reach your goal. You deserve it
- Ways you can reward yourself for your hard work and successes (non-food rewards)
 - Buy or download a new book
 - Get a manicure or pedicure
 - Get new exercise gear
 - See a movie or a show
 - Go for a nice hike on a nice day- enjoy the outdoors/fresh air

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Develop Positive Habits

- My Eating Challenges:
 - There aren't a lot of vegetables I know I like
- My eating goal for next week:
 - Try a new vegetable or a different way to cook a vegetable
- My activity challenges:
 - My dog needs to go for more walks, but I struggle to take him for very long
- My activity goal for next week:
 - Take the dog for a walk and go 50 steps further

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Positive Motivation for Managing your Weight

- Create and review your diary regularly
- Concentrate on the positive steps you are completing rather than how many steps you did not complete
 - Are you meeting your vegetable and fruit intake goals
 - Are you meeting your water goal
 - Are you gradually increasing your physical activity
 - Are you setting realistic goals and experiencing success
 - Are you rewarding yourself for positive changes
 - Are you feeling happy and confident
 - Are you getting the support you need
- Make adjustments to your goals and plans as needed

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Thank you!!!



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