

Weight Management

## Making Healthy Changes


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1

## Tools for Success

- Recognize your choices in making lifestyle changes
- Distinguish between goals you truly want to achieve and goals others think you should achieve
- Understand the power of immediate payoffs (rewards) as a motivating factor in making permanent lifestyle changes
- Learn self-monitoring techniques to assess your progress and stay on track
- Learn how to cope with lapses and prevent relapses

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2


## Change is Necessary

- For some people, losing weight can be easier than keeping it off

"If you do what you've always done, you'll get what you've always got." Henry Ford

- To maintain a healthy new weight=permanent lifestyle changes
- You've spent a lifetime developing your old habits
- Give yourself time to learn new lifestyle habits

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3

## Separating Wants from Shoulds

- "Shoulds" a reflection of customs, cultural messages, conscience and expectations from others
- We encounter these messages daily-media, friends, family, co-workers
- It's important to be aware of how others impose their list of shoulds on you.

Did you join this program because **you** want to change your habits or because **others** think you should change?

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4

## What do you truly want?

- What goals do you want to achieve?
  - Why are they important to you?
  - What are the advantages and disadvantages of making changes?
  - What happens if I stay the same?
  - What could happen if I change?

The goals you make for yourself provide stronger motivation than the ones you are striving for to please someone else.


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## Choose to Change

- Make a conscious decision to adopt healthier eating and physical activity habits
- You will be confronted with "decision points" when you need to choose the healthier option and avoid slipping into old habits
- Make conscious choices rather than drifting into automatic responses



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## Rewards Reinforce Change

- Rewards immediately after a desired behavior provide motivation to continue the new behavior.
- Immediate positive payoffs don't have to be expensive!
- Aim for non-food related rewards
- Easy to obtain right after you achieve your goal

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7

## Self-monitoring

- To achieve any goal, you need to know where you want to go, map out your plans and monitor your progress
- Self-monitoring tools you can use include:
  1. Daily Healthy Diary- record daily food intake, weekly exercise goals & physical activities/steps
    - Simply tracking food intake will motivate you to alter it.
    - Let your awareness motivate change!
  2. Weekly Weight Chart
  3. Journaling- gives you a place to work through thoughts/emotions/situations, connect unconscious thoughts with conscious choices
    - perhaps helpful to look back at your challenges and see how you have worked through them

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## Lapse vs Relapse

- Lapse-A temporary departure from new desired behaviors  
Lapses are a chain reaction—something triggers you into a familiar chain of responses
- Relapse-The return to an old lifestyle behavior  
Relapses are a cycle—they happen when a chain reaction becomes self-perpetuating



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9

## Limiting Lapses

- Lapses are an inevitable part of lifestyle change.
- Don't beat yourself up and don't give up!
- Goal: Limit the extent and frequency of lapses, not prevent them entirely
- Learn from your challenges and experiences
- Ask yourself: How could I handle that differently next time? What did I learn?

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## Getting Back on Track

- Begin damage control as soon as aware of a problem
- Don't wait until next week or even the next day
- Restart your food and exercise plan right away
- Take a walk, even if it's only for 5-10 minutes
- Problematic food in your environment? Discard it or move away from your view

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11

## Making Changes to Prevent Lapses

- Choosing positive lifestyle changes and "breaking the chain" of lapses gets easier with practice.
- Finding non-food rewards is important since food so often filled this role for people.
- Self-monitoring acts like an early warning system.
  - Allows you to adjust your behavior before you're in a relapse situation

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12



13