

## **Live-It Ground Rules**

### **The group is confidential**

- An important part of the group is learning from both challenges & successes from other participants.
- You are welcome to share things you learned in group but please keep other's names and details private
- Participants only (no children, partners, friends, etc)

### **Please listen and share respectfully**

- Everyone in the group will have a different experience, please refrain from judgmental comments or criticism of others.
- Profanity is not allowed
- Please keep side conversations to a minimum
- Out of respect for time please keep comments brief; at times the group facilitator may need to interrupt to keep the meeting on track.

## **Live-It Program Goals**

- Long-term success with weight management means significant lifestyle change
- Significant lifestyle change means many different types of changes and these changes cannot happen overnight
- We designed Live It! to help people recognize areas of their lifestyle that need adjustment in order for them to reach and maintain a healthy weight
- Knowledge is not the same as doing
  - Weight Management is a skill!
  - Skills need to be learned but more importantly practiced
- Overall goal: improvement in health parameters

TYPICAL APPROACH TO WEIGHT LOSS	HEALTHIER APPROACH TO WEIGHT LOSS
<b>Reason for change</b>	
<p>Being fat is bad. Being thin is good.            Believing you must weigh XXX pounds            Hating your body            Thinking your life will be fixed when you lose weight</p>	<p>Moving toward health, energy and fitness            Understanding that every body is different            Becoming your own best friend            Treating yourself like the wonderful person you are</p>
<b>Attitude</b>	
<p>Seeking a quick fix (being impatient)            Developing temporary behaviors            Trying to be perfect            Wanting all the weight off now            Thinking you should be able to do it alone</p>	<p>Learning slowly (being patient)            Developing new, life-long healthy habits            Remaining flexible and open            Know that you will make mistakes</p>
<b>Behavior</b>	
<p>Depriving and restricting yourself            Seeing foods and eating behavior as good or bad            Exercising just to lose weight            Doing exercises you don't like and then giving up            Exercising too much and being hard on your body</p>	<p>Being kind to yourself            Asking for help in making healthy changes            Eating foods that you enjoy and that nourish your body            Practicing being aware of what and why you eat            Eating when you are hungry and stopping when you first feel full            Doing activities that you enjoy and that feel good</p>
<b>Results</b>	
<p>You may lose weight, but usually gain it back, and then some.            You feel like a failure when you gain weight back.</p>	<p>Your small steps will lead to success.            You'll start to believe you can achieve other personal goals.</p>

## Live-It Tool Box

- Daily Self-Monitoring
- Eat breakfast consistently
- Regularly eat fruits & vegetables
  - goal of at least 5/day
- Eat out 1-2 times per week or less
- Eat 1 serving or less of sweet or salty food each day.
  - Aim for 10% of calories or less
- Be physically active at least 30 minutes per day, 5-7 days per week.
- $\leq$  10 hours screen time
- Practice asking for support

## Hunger-Fullness Scale

1. You are so hungry you could eat anything & everything
2. You are preoccupied with hunger, everything you see looks good
- 3.** You are hungry and the urge to eat is strong
4. A little hungry. You can wait to eat but you will be hungrier soon
5. Neutral; not hungry and not full You can wait to eat
6. No longer hungry. You sense food in your stomach but you could eat more
- 7.** Hunger is definitely gone, If you stop now you may not feel hungry for 3-4 hours
8. Not uncomfortable but definitely have eaten enough food & you can wait awhile to eat again
9. You feel a little uncomfortable and know you could have stopped earlier.
10. "Thanksgiving Full", uncomfortable, maybe even painfully full

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

## **Legacy Good Samaritan Weight and Diabetes Institute Recommendations for Weight Loss**

Start with small changes. You should be 99% sure you can accomplish this goal. Once you are successful with this goal, add another goal. The following are suggested starting points.

- 1. Move your body every day. Start with just 5 or 10 minutes and gradually work your way up to 30 minutes or more daily.**
- 2. Start each day with a healthy breakfast.**
- 3. Add a vegetable of some sort to every lunch**
- 4. Add a vegetable of some sort to every dinner**
- 5. Pay attention to feelings of hunger and satiety. Avoid getting overly hungry by planning meals and snacks on a regular schedule.**
- 6. Take at least 20 minutes to eat your meals. Slow down and chew your food thoroughly.**
- 7. Read food labels to learn about the content of the foods you eat.**
- 8. Use food records to learn your habits and areas that need work.**
- 9. Include protein source at every meal. Reduce portions of meat, most meats are cut into 6-8 ounces portions, a recommended serving is 3 ounces per meal. (Try some vegetarian protein sources)**
- 10. Share meals out or cut back on eating out, the average restaurant meal is about 1000 calories, even the healthier options.**

## Suggestions for Food and Activity Records

1. **Write down EVERYTHING!** Keep your form with you all day long and write down everything you eat and drink. A piece of candy or a few pretzels may not seem like much, but it all is important to understand the types of changes that are going to be important to you. Be honest with yourself – but don't beat yourself up!
2. **Do it now!** Don't depend on your memory at the end of the day. Record your eating as you go.
3. **Be specific.** Make sure you include 'extras,' such as gravy on your meat, cheese on your sandwich, butter, and salad dressings.
4. **Estimate amounts.** If you have a bowl of cereal, measure out or estimate the actual amount (rather than writing 'bowl' of cereal).

**Time of day:** Write the time of day you ate or drank the item. (i.e. 8:30 a.m.) Also, it is helpful if you note the following: B—breakfast, L—lunch, D—dinner, S—snack.

**Amount:** Indicate the amount of the particular food or beverage you ate or drank. Estimate the size (2" x 1" x 1"), the volume (1/2 cup), the weight (2 oz) and/or the number of items (12) of that type of food. If you can, measure the portion with measuring utensils.

**Food and Beverage:** Write down the type of food you ate. *Be as specific as possible.* Include sauces, gravies, and any 'extras' such as, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup. Don't forget to include the milk you add to your cereal. Designate if an item is 'reduced fat,' 'low fat' or 'sugar-free.'

**Mood:** How were you feeling before, during or after eating? (sad, happy, bored, neutral, anxious, angry)

**Blanks:** Some weeks you will focus on specific things in your log, like amount of fruits and vegetables. You may be given suggestions as to what to track each week. You are also encouraged to track anything that feels important to you.

**Activity:** Record the types of activity you do (walking, gardening, swimming, dancing, etc) and the minutes you spent doing each activity. We are interested in planned, additional activity. This means that you count things above and beyond your normal routine, for instance if you normally have your car washed in an automatic car wash and you choose instead to wash and wax your own car then you could enter the time spent doing this.