

Session 14 Leader Guide:

Take Charge of Your Lifestyle

Objectives

In this session, the participants will:

- Understand that although the frequency of GLB meetings is reduced, they will have continued contact and support.
- Understand that some self-monitoring is better than no self-monitoring.
- Describe the benefits of continuing to attend GLB meetings.
- Review scientific evidence regarding why attendance matters.
- Learn the importance of maintaining regular physical activity for long-term success.
- Understand that long-term weight loss maintenance is possible.
- Define “weight loss plateau” and learn strategies to overcome it.
- Renew their commitment to GLB.
- Review resistance training information and practice the exercises.

To Do Before the Session:

- If providing Food and Activity books, have a supply available for participants.
- Review Food and Activity records; add comments.
- Prepare Session 14 handout for participant notebook.
- Print **GLB Resistance Training Log**; one per participant.
- Print copies of the handout, **When You Reach Your Weight Goal** to review with participants, as they achieve their weight goals.
- Print copies of the **Group Lifestyle Balance Monthly Calendar**; have a supply available for participants.
- Decide if your program will provide **Resistance Training Logs** at each session.
- Given the array of self-monitoring tools provided, determine your protocol for review and feedback to the participants. Note: As session frequency decreases, the number of records returned at each session may increase.

Available in the DPP-GLB Providers Portal:

<https://www.diabetesprevention.pitt.edu/my/login.aspx>

- **GLB Resistance Training Log**
- **Group Lifestyle Balance Resistance Training Program Poster**
- **When You Reach Your Weight Goal Handout**
- **Group Lifestyle Balance Monthly Calendar**
- **Guidelines for Reviewing Food and Activity Records**

*[Note: For those participants who have reached their goal weight, review with them the handout entitled **When You Reach Your Weight Goal**. This may be done before or after the group meeting.]*

Note: Allow at least 15 minutes at the end of the session for the resistance training exercises to be revisited.

Group Sharing Time (allow at least 5 minutes)

Let's take a few minutes to see how things went since our last meeting.

Overall, how did it go? What went well? What problems did you have? What could you do differently?

Were you able to take what you learned at the last session and apply it to your lifestyle routine? If yes, how?

Were you able to add resistance training to your physical activity routine? How did it go?

[Problem solve with the participants to address any barriers.]

[Praise all efforts to self-monitor and to change eating and activity behaviors. Be positive and nonjudgmental. Encourage group discussion.]

We will transition to meeting on a monthly basis for the rest of this year. For some people, meeting less frequently with the group may not be an issue of concern, but for others, this change may cause uncertainty and anxiety. The idea is that we will work with you to take charge of your healthy lifestyle behaviors as you move toward your increasing independence. *[Allow for brief group discussion about meeting less often.]*

Take Charge of Your Lifestyle (pages 1-2)

First, let's look at all you have learned in GLB. *[Review "So far in GLB, you have learned"]*

[Review "So, what lies ahead?"]

As you go forward in the program, attending the GLB sessions remains a key component for reaching and maintaining your healthy lifestyle goals. Taking part in the sessions will help you to become more skillful in making long-term healthy lifestyle changes by continuing to provide support, accountability and feedback. This is kind of like a new driver who has been in training, but is now ready to take the wheel, while the coach takes the back seat to continue providing encouragement and support.

[Ask participants to share their thoughts.]

The goal of GLB is to provide you with the information, skills and practice that will last not only well beyond the end of this program, but throughout your lifetime.

[Review “Attendance Matters” and include the following:]

Let’s talk a little more about why attendance really does matter. Several research studies have looked at factors related to long-term success in making healthy lifestyle changes, and found regular attendance at group meetings over an extended period of time made a difference in personal success in reaching lifestyle goals.

As we have discussed previously, the participants in the DPP, on average, were successful in reaching their weight and activity goals. The long-term follow up study of the DPP participants, the DPP Outcomes Study, has provided an opportunity for researchers to look at predicting future healthy lifestyle success. Guess what they found?

After one year, those who attended more sessions had a higher percentage of weight loss than those who attended fewer or none.

The results were similar when looking at attendance and physical activity. Participants who attended the most DPPOS sessions were more likely to be at their physical activity goal at one year compared to those who attended fewer or none.

The bottom line is that research findings demonstrate the importance of regular attendance over time in meeting lifestyle goals.

[Review “Physical Activity Matters” (page 2) and include the following:]

In addition to attendance, another key component to long-term healthy lifestyle success is the maintenance of regular physical activity levels.

Research studies have shown that those who continued to maintain their physical activity levels tended to have a healthier diet and were more successful in reaching their weight loss goals than those who did not continue to be physically active.

[Review “Group sessions provide you with structure and support”.]

As we move forward, we will continue to count on you to do your part in reaching your goals, and you can count on us to be there to support you.

[Review “When you come to group sessions, you will:” and include the following:]

The format of the monthly meetings will be the same as always. You will weigh-in and give feedback on how you’ve been doing since your last meeting. The topic of each session will continue to relate to healthy eating, physical activity and behavior change. We will continue to support your lifestyle change efforts.

Some of you have reached your weight loss and physical activity goals, and others have not. The bottom line is that continuing to attend GLB sessions will increase your chances

of meeting the GLB 7% weight loss goal (or your personal weight loss goal) and the 150 minute physical activity goal.

We know that the more often you consistently reach your healthy lifestyle goals, the more likely you are to continue to do so in the future.

Long Term Weight Loss Maintenance: Who succeeds? How do they do it? (page 3)

I'm sure we can all think of someone who has lost weight and then regained it. This lack of weight loss maintenance is likely due to several factors. Maybe the person lost weight by following a fad diet or one with many "forbidden foods" that would be difficult (or impossible) to stick with long-term. Maybe the person wasn't exercising or didn't have support for his/her efforts.

The bottom line is that long-term weight loss maintenance is possible. Do you know anyone who has done so?

[Review the information on page 3. If participants are interested in additional information about the NWCR, the website is on page 3.]

The good news is that GLB is designed to promote long-term weight maintenance:

- We promote gradual weight loss of about 1-2 pounds per week by using a moderate decrease in calories and fat (no fad diets).
- We encourage self-monitoring as a way of being aware of and changing eating and activity behaviors.
- You design your own physical activity plan and you do activities of your choice at the place and time that works for you. You are also moving more in your everyday life. This is something you can do for a lifetime.
- You design a healthy eating pattern that works for you....without any "forbidden foods". This is something you can do for a lifetime.
- GLB is a 12 month program. This allows for ongoing support of your behavior change efforts.

Research indicates the key to keeping weight off is maintaining the behaviors that allowed weight loss to begin with: social support, self-monitoring, low-calorie eating, and regular physical activity.

Weight Loss Plateaus (pages 4-6)

[Review information on pages 4-6. Encourage group discussion.]

[Ask participants to answer the question on the bottom of page 6. Ask participants to share their answers, if comfortable doing so.]

We Will Continue to Work Together as a Team (page 7)

In Session 1 you signed a lifestyle contract.

Now it is time to renew your commitment to your efforts to reach and maintain your healthy lifestyle behaviors.

[Review page 7. Ask participants to renew their commitment to GLB by agreeing to continue to attend the sessions and to work with their coach in the ways described in the agreement.]

If you are ready to renew your commitment to the program, please sign the agreement on page 7. I will sign also.

We are very excited about the next phase of GLB and remain committed to continuing to work with you to reach your healthy lifestyle goals.

Group Lifestyle Balance: Resistance Training Review (page 8) Allow at least 15 minutes.

[Review the information on page 8.]

Practice each exercise.

[Optional: Collect completed Resistance Training Logs and distribute blank ones. Explain that they will turn in the Log at the next session for the coach to review.]

To Do (page 9)

Turn to page 9 and let's focus on what you can do between now and the next session.

*[Ask participants to look at page 11, **When you Reach Your Goal Weight**. Explain that when they want to stop losing weight, whether at the GLB goal of 7% or their own personal goal, you will review this page with them. Make sure participants understand that they do not have to stop losing at 7%; rather, they may continue to work toward their personal weight goal as discussed in Session 9. Emphasize the importance of having a plan to stop weight regain.]*

[Note: At each session from now on, review this handout with those participants who have reached their goal weight. This may be done before or after the group meeting.]

[Announce the day, time, and place for the next session.]

After the session:

- Weigh participants who did not do so prior to the group meeting.
- Complete data forms and documentation required in your setting.
- Follow your program's protocol for managing absences.
- Follow your program's protocol for reviewing and commenting on the various self-monitoring records.
- Review the self-monitoring records. Write brief comments. Be positive and nonjudgmental.
 - Praise all efforts to self-monitor and to change eating and activity behaviors.
 - Highlight any positive changes made that relate to the topic of the last session before the records were collected.
 - Refer to **Guidelines for Reviewing Food and Activity Records** available in the GLB Providers Portal.
- If collecting **Resistance Training Logs**, review them. Write brief comments. Be positive and encouraging.