

# Session 22 Leader Guide:

## Look Back and Look Forward

### Objectives

In this session, the participants will:

- Discuss the shift in thinking patterns that may be integral to a successful weight loss experience.
- Describe the behaviors that have been demonstrated to characterize individuals who are able to maintain weight loss over the long term.
- Look back on their own “personal healthy lifestyle story”. Identify positive changes and ongoing challenges.
- Identify key lessons that they believe to be most important to share with others who learn they are at risk for diabetes and/or cardiovascular disease.
- Discuss the “foundation behaviors” that are most critical to ongoing lifestyle weight management success.
- Acknowledge that this is the final session of their group work together and discuss thoughts and feelings related to looking ahead at their ongoing lifestyle weight management efforts.
- Look ahead to the next 3-6 month period. Make a plan for eating and physical activity.

### To Do Before the Session:

- If providing Food and Activity books, have a supply available for participants.
- Prepare Session 21 handout for participant notebooks.
- Review Food and Activity records; add comments.
- If collecting **Resistance Training Logs** and/or **Sit Less Trackers**; add comments.
- 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.
- If providing **Resistance Training Logs**; have a supply available for participants.
- If providing **Sit Less Trackers**; have a supply available for participants.
- Determine if you will provide extra copies of self-monitoring materials for participants to take with them to use after GLB ends.

### Available in the DPP-GLB Providers Portal:

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

- **GLB Resistance Training Log**
- **When You Reach Your Weight Goal Handout**
- **Group Lifestyle Balance Monthly Calendar**
- **Sit Less Tracker**
- **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.]*

### **Group Sharing Time (allow at least 5 minutes)**

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

Were you able to apply what you learned at the last lesson to something in your life? If yes, how?

*[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.]*

### **Look Back and Look Forward (pages 1-2)**

*[Review and discuss information on page 1.]*

As we have discussed, making lifestyle changes for weight management involves an ongoing self-review process. This means you need to “look back” (on old ways, or habits, of thinking and doing) and to “look forward” (on new ways of approaching proactive lifestyle behavior change).

For many people, the “new” thinking is characterized by honest self awareness, personal responsibility for behavior change, a willingness and openness to figuring out what works, and persistence in the face of lapses.

Look back. What are some of your old “thinking traps” that did not result in effective self-management of a healthy lifestyle?

*[Review and discuss the different categories of ineffective thinking and ask the group members to identify (and share examples) of the ways in which they have been able to move away from these perspectives and work towards newer, more useful approaches.]*

Now let's look at where you are now. What are some “shifts” you have made? *[Review the chart on page 2. Ask participants to jot down their answers and encourage group discussion.]*

Which behaviors so you believe are most critical to your own success (or lack of success)?

### **Look Back: Write Your Story (page 3)**

As we come to the close of our last session together, let's take some time to write down your own "lifestyle story". Think about the past year, and the changes that you have made. What are some thoughts and strategies that have been most important and helpful when you have felt discouraged about your lifestyle progress?

Send a "message to yourself for the future". Try to make this a personally powerful statement that will help sustain you during rough times.

*[Ask the group to share their thoughts with the others if they are willing to do so.]*

### **Look Forward: Write Your Next Chapter (page 4)**

Ask group members to consider other types of tracking tools they could utilize as they continue their healthy lifestyle. Encourage the group members to consider continuing these basic practices as needed in the future. In addition, ask group members to think about what kinds of formal (e.g. other community based lifestyle management programs, web-based resources or physical activity options) or informal networks (e.g. natural social supports such as friends, family and coworkers) they can access if and when they need it.

As you go forward, I encourage you to continue using all of the tools, skills and strategies that you have learned and practiced over the past year. Remember the importance of weighing yourself on a regular basis and monitoring your food intake and activity.

How do you plan to self-monitor now that GLB is over. You could use a notebook or journal, or one of the many digital tracking tools that are available online. Ask your insurance providers if they offer paper or online self-monitoring tools. While you may not need to monitor your food intake and activity on a daily basis, it may be helpful to monitor during difficult times or if you feel you are slipping. You may want to refer back to the Gold, Silver, and Bronze tracking options we discussed in Session 12.

Why do you want to stay active, eat a healthy diet, and manage your weight? Is your answer now the same or different than when you started GLB? In what ways?

At this point, some of you would like to focus on continued weight loss. Others have reached their goal weight and would like to focus on weight loss maintenance. *[Ask participants who have been maintaining their weight to share their plan and to offer suggestions and advice.]*

Former participants have reported that they found it helpful to review session handouts. Some found it helpful to review their old Food and Activity records.

### To Do (page 5)

Please turn to page 5 and let's review the behaviors that are the foundation for healthy lifestyle success. *[Review page 5.]*

You have the tools you need for success in maintaining your healthy eating and activity behaviors. You know what you must do to succeed, and your lifelong learning challenge will be keeping these skills ready and available even when you may find yourself on the slippery slope.

It has been a pleasure working with you this year and I wish you the best of health as you go forward. Remember that you have the tools that you need to be successful in staying healthy, and that you can do it!

#### **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** and/or **Sit Less Trackers**, review them. Write brief comments. Be positive and encouraging.
- Return all completed Food and Activity records, Resistance Training Logs, and Sit Less Trackers to the participants.