

Weight Maintenance Program Introduction

Congratulations on completing the *Meal Replacement Program* and welcome to the next phase of support, the *Weight Maintenance Program*, or 'Maintenance'.

In the *Meal Replacement Program* you gained insight into your past relationship with food and identified needed behavior changes. In these next 10 weeks, we hope you continue to gain insight as we help you develop self-care behaviors that will sustain your weight loss or help you lose more if that is your goal. The transition from meal replacements to food is a wonderful opportunity to begin a mindful eating practice, to restore or rebuild intuitive eating, and to learn how to sustainably manage your weight.

We encourage you to take full advantage of the 10-week *Weight Maintenance Program*. The program will guide you in identifying appropriate foods and portions that best support your weight maintenance goals. Of course, a healthy weight is obtained not just through adequate nutrition and a healthy relationship with food, but through other lifestyle factors as well. Physical activity, adequate sleep, stress management, self-reflection, and goal setting are important for long-term success. The Maintenance sessions will primarily discuss nutrition, but other lifestyle factors will be addressed as well. Each session includes mindfulness practice, exercise, reflection, and goal setting.

After completing the *Weight Maintenance Program*, you will have continued support through *Maintenance Booster* sessions. These sessions are provided on a variety of health and weight-related topics facilitated by Lifestyle Educators comprised of dietitians, exercise physiologists, therapists, wellness coaches, and public health specialists. More information about Boosters will be provided as you near the end of your *Weight Maintenance Program*. We are excited to welcome you and we are honored you chose us to be part of your journey. We hope you enjoy this program as much as we love teaching it. Our goal is to help you #thrive.

Weight Maintenance Program FAQ's

How long does the Weight Maintenance Program last?

Your 10 consecutive Maintenance sessions begin on the date you are scheduled to begin, not when you attend your first Maintenance session. After your 10th session, you will be automatically unenrolled from the Maintenance Program and automatically enrolled in the Booster Program.

What does the Maintenance class include?

Each 90-minute Maintenance session consists of a mindfulness component, group support and sharing, an exercise 'thrive' break, and education on lifestyle factors associated with weight maintenance such as nutrition, physical activity, stress management, thought restructuring, and goal setting to name a few.

What if I miss a class? Is there an attendance policy?

Attending all 10 Maintenance sessions is highly recommended as those who stay connected to a support system and are committed to making a healthy lifestyle a priority have a better chance of maintaining weight loss successfully. Your 10 sessions start on your enrolled start date and end after 10 consecutive sessions. Attendance is taken at each Maintenance session and your attendance is documented in your medical record. You are not required to attend, however please realize that once you enroll you are using your pre-paid Maintenance Program fee. For example, if you attend one session and miss the next nine sessions, you will not be able to reenroll to attend the remaining 9 sessions later.

Can I make-up sessions?

A syllabus of all sessions with a section to write in the dates of the sessions attended is available in this document. Maintenance make-ups are an exception per the counselor's discretion. Because classes are cyclical and so start over at session one again every 11 weeks, if you miss a session and want to make the session up, you can review a calendar for the date that particular session will be offered and speak with your counselor to confirm these dates so they can enroll you for that particular session. Lastly, it is important that you let your counselor know before your 10 sessions have lapsed that you would like to make up a session. Otherwise, once you are transitioned from Maintenance to Boosters after your 10 available sessions, requests for make-ups cannot be accommodated.

Is there anything required outside of class time during my 10 sessions?

Although not required, it is recommended that you keep some form of a health tracker to reflect on your progress. These can be found on the Maintenance Bookshelf as an option.

Am I able to bring family members or friend's to in-person classes for support?

To respect participants privacy and for liability and safety issues, only those enrolled in Maintenance may attend group sessions. Family and friends that have participated in the *Meal Replacement Program* may enroll and attend Maintenance sessions together.

What about the post-program SECA body composition testing I pre-paid for?

You may schedule your post-program SECA body composition testing anytime during your first year of Maintenance (beginning the last date you attended the Meal Replacement Program.) Please call (858) 616-5600 to schedule. SECA testing is available at the Garfield Specialty Center, 5893 Copley Drive, 92111.

Am I still able to purchase meal replacement products during Maintenance?

Yes, 2 boxes per week (8 boxes per month) of meal replacement foods can be purchased while in Maintenance or attending Boosters at \$22.00 per box. Meal replacement foods can be purchased at Garfield Specialty Center and satellite locations. See hours and location information at positivechoice.org/calendar for more information.

What happens when I complete all 10 sessions?

On your final Maintenance session, Kaiser Permanente members will receive a kp.org email confirming your transition to Boosters and will explain how Boosters work as well as how to access the Booster calendar online. You can then immediately begin attending Boosters by accessing the Booster schedule online at positivechoice.org/calendar to find and schedule a class. Although you are automatically enrolled in the Booster program after Maintenance, you must be scheduled into a Booster class to attend. Booster classes can be scheduled by calling (858) 616-5600.



Maintenance Syllabus

Maintenance is a cyclical, open enrollment, ongoing program meaning, there may be people graduating each week and new people may be joining the group each week. Because of the open enrollment nature of the class, although the sessions build on each other, each 90-minute Maintenance session is a stand-alone session that is not dependent upon the previous week's lesson.

Your 10 weeks starts upon the enrollment start date and will end after 10 consecutive sessions regardless of attendance. After 10 weeks, you will automatically be enrolled in the Booster program for 12 months from the end of your Maintenance Program. Below is the 10-week Maintenance syllabus. The dates have been left blank purposely for your convenience to keep track of your session dates.

My Maintenance Information:

My Maintenance class is on _____ (day of week)

My Maintenance class starts at _____ am / pm and ends at _____ am /pm

My Maintenance Schedule:

_____/_____/_____: **Motivation: *Staying Motivated Through the Process of Change***

_____/_____/_____: **Energy Balance: *Balancing Food and Fitness to Manage Weight***

_____/_____/_____: **Macronutrients: *Building a Balanced Plate to Manage Weight***

_____/_____/_____: **Nutrient Density and Plant-Based Eating**

_____/_____/_____: **Digestive Health: *The Microbiome-Gut-Brain Axis***

_____/_____/_____: **Nutrition Facts: *Food Label Reading (Part 1)***

_____/_____/_____: **Nutrition Facts: *Food Label Reading (Part 2)***

_____/_____/_____: **Wellness Plan: *Prioritizing Self-Care to Cultivate a Healthy Lifestyle***

_____/_____/_____: **Grocery Shopping: *Healthy Hunting at the Market***

_____/_____/_____: **Mindfulness: *Prioritizing Self-Care to Cultivate Resilience***