Welcome to Maintenance Orientation

- You have been placed on mute and your camera is off.
- Have a question? Raise your hand and unmute to ask question.

Agenda

- Maintenance resources
- Your weight loss journey
  - Biology of weight loss and adjusting to your new body
  - Learn behavior change – 10 weeks Maintenance
  - Access long-term support – Boosters
- Reminder of tools to consider during this change journey

Maintenance Bookshelf

PositiveChoice.org
Maintenance Orientation

**Transitioning From FMR To Maintenance**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Full Food</th>
<th>Maintenance Plate Method</th>
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</thead>
<tbody>
<tr>
<td>Meal Replacement</td>
<td>0</td>
<td>Protein</td>
</tr>
<tr>
<td>Protein</td>
<td>4</td>
<td>2-3</td>
</tr>
<tr>
<td>Vegetables</td>
<td>5-6</td>
<td>Beans/Grain/Vegetables</td>
</tr>
<tr>
<td>Lacto Total</td>
<td>3-4</td>
<td>2-3</td>
</tr>
<tr>
<td>Breakfast/Brunch</td>
<td>2-6</td>
<td>2-3</td>
</tr>
<tr>
<td>Fruit</td>
<td>2-4</td>
<td>2-3</td>
</tr>
<tr>
<td>Vegetables</td>
<td>6</td>
<td>2-3</td>
</tr>
<tr>
<td>Milk/Plant Protein</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Vegetable Replacement</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Calories:</td>
<td>1200-1400</td>
<td>1200-1400</td>
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**The Weight Loss Energy Gap**

- Some weight regain is normal as you adjust to your new calorie needs
- Your body has a biologic drive to return to your larger frame (survival mode)

**Closing The Energy Gap**

- Feel full and satisfied
  - Hunger
  - Feeling of fullness
- Burn more calories
  - Calorie usage
  - Calorie efficiency

**Weight Maintenance Becomes Easier Over Time**

- Risk of regain is highest during the first year following weight loss.
- Weight maintenance becomes easier over time and long-term success can be achieved.

YOU can be part of this SUCCESSFUL GROUP!
1. National Weight Control Registry (NWCR)

- 10 year study of 3000 NWCR members who maintained a weight loss of at least 30 pounds for over 1 year.

- Long term weight loss maintenance is possible and requires **SUSTAINED behavior change**.

2. Common Strategies for Long Term Weight Loss Success

- **Diet**
  - 98% of registry participants maintain a low calorie, low fat diet.
  - 78% eat breakfast every day.

- **Exercise**
  - 94% increased their physical activity, most of them are walking.
  - 60% exercise on average 3 hours per day.
  - 62% watch less than 10 hours of TV per week.

- **Self-Monitor and Track**
  - 75% self monitor by weighing themselves at least once a week and/or track food intake.

3. Key Drivers for Weight Loss Maintenance

- **We are not just our biology!**
  - We can be mindful
  - Make conscious choices
  - Learn new behaviors

- **Exercise, especially resistance training**, is the key driver for weight loss maintenance success.

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**FOOD FOR THOUGHT**: How do you choose to care for your smaller body on most days?
Learn Behavior Change – 10 Weeks MAINTENANCE

- Open enrollment
- To provide strategies for weight loss maintenance
- Virtual Maintenance offered 4x/week
  - Mondays: 6:30pm to 8pm
  - Wednesdays: 10am to 11:30am
  - Thursdays: 4pm to 5:30pm
  - Thursdays: 6pm to 7:30pm

<table>
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<th>Topic</th>
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<td>Making A Plan That Works For You</td>
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<td>2</td>
<td>Balancing Food And Fitness</td>
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<td>What Makes A Balanced Plate?</td>
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<td>Getting The Most Out Of What You Eat</td>
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<td>Make Friends With Your Gut</td>
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<td>It Starts With The Cart</td>
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<td>10</td>
<td>Are You In Or Out Of Your Mind? Learning Tools For Resilience.</td>
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Access Long-Term Support - BOOSTERS

- Classes are 1 hour long, free of charge!
- Classes are offered throughout the day on Mondays to Thursdays.
- Please refer to the Positive Choice website for the current schedule.
- Variety of topics covered include nutrition, exercise, mind/body.

In-Person Fitness Booster Classes

- Meet in-person in the exercise room at Garfield.
- Masks are required to join this class.
- Please bring your own equipment as needed:
  - Yoga mat or beach towel, water, etc.
- Offered every 1st and 3rd Tuesday from 10am to 11:30am.

Please call (858)616-5600 to pre-register. Registration is required as space is limited to 10 participants.
Maintenance Orientation

Booster Support Group

Welcome to Maintenance Boosters

Please pre-register for each Booster class.
You can do this electronically by clicking on [Insert Link Here]

Joining Your Booster Class

To enroll, please complete the pre-registration form and select the class time that works best for you. You will receive a confirmation email with the class details.

Available on a weekly basis!

• 1st and 3rd Thursday: 4pm to 5pm
• 2nd and 4th Wednesday: 12pm to 1pm

Please call (858)616-5600 to pre-register or pre-register electronically through Bookshelf.

Prep for Eating (PFE) Support Group

Adding food back into your life after losing weight using meal replacements can be a bit scary.

PFE is carefully designed to add food back in a way that maximizes weight loss and minimizes hunger while limiting food choices to help avoid over-stimulation.

You can do this...and we are here to help!

Virtual PFE Support Group Tuesdays at 6-6:30 pm

Keys to Long-Term Weight Loss Success

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

Positive Choice Integrative Wellness Center
Am I returning to old behaviors?

**RED**
- These are behaviors that are warning signs you have fallen off track.
  - Example – eating in private, one meal a day, “I am a failure.”

**YELLOW**
- These are warning signs that you are slipping back into behaviors you want to avoid.
  - Example – picking up fast food instead of cooking, “It’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

**GREEN**
- These are behaviors that you know you want to keep up because they make you feel good.
  - Example – sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, “I overdid it at lunch, I will get back to my plan for dinner.”

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more sustainable than a set number.

It takes time to learn new habits around shopping, meal prep, mindfulness, and exercise.

- Be patient and positive as you learn how to care for your new smaller body.

Progress over perfection!
- A healthier body at any weight is progress.

**FOOD FOR THOUGHT:** How do you support and encourage yourself?

Positive Choice Resources: Non-Scale Victories
When you are ready for the 10-week Maintenance Program, please use the Maintenance Program Enrollment Form, which is also located in your KP.org message, or call 858-616-5600 to register.