Welcome to Maintenance!

Today’s Topic: Making A Plan That Works For You

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

Minute of Mindfulness

Today’s Agenda

- Explore and prioritize your behavior change journey.
- Apply goal setting to maintain weight management.
- Share helpful tools to consider during the change process.
- Reveal strategies to achieve our long-term goals.

Mindfulness  Nutrition  Planning  Exercise  Goals
Simple Steps to Building a Balanced Plate

Fruit: Cherries
Probiotic: Nonfat Plain Greek Yogurt

9 inches

Starch: Nonfat Plain Greek Yogurt
Water: Coffee
Healthy Fat: Plain Almond Milk

Lean Protein: Egg White Omelet
Non-Starchy Vegetables: Mushrooms, Tomatoes, Spinach, Onions

Maintenance Bookshelf: Balanced Plate and Snack Ideas
Check in - What is your Why?

FOOD FOR THOUGHT: What was your ‘Why’ for signing up for the Meal Replacement Program? Why do you want to continue your journey? What are some external and internal motivators to keep you motivated?

How important is maintaining weight?

Not Important Very Important

Not Important
1 2 3 4 5 6 7 8 9 10

Very Important

FOOD FOR THOUGHT: What is an important goal to you right now to maintain your weight?

Goal Setting: Putting Knowledge into Action

Specific
“I want to be able to walk one mile without stopping.”

Measurable
“I will fill half of my plate with non-starchy vegetables at every meal.”

Action-oriented
“I will do 30 minutes of strength training exercises twice a week.”

Realistic
“I will walk around the block after dinner every night.”

Time-limited
“I will exercise 6 days a week for 30 minutes until the end of the month.”

FOOD FOR THOUGHT: What is your SMART goal?
Make a Plan, Step by Step

1. List vegetables
2. Research recipes
3. Meal plan
4. Grocery list

FOOD FOR THOUGHT: How can you reward your weight loss accomplishments? Does it matter if they are food or non-food-based rewards?

Reward and Motivation

"I packed my lunch 4 days this week, I really deserve this music break and these tickets (just scored)!"

Consider These Tools

FOOD FOR THOUGHT: How are you tracking your progress?
Making A Plan That Works For You

Boosted Support Group

Sharing, support and tips for members post FMR program

• Opportunity to share experiences, feelings, and coping strategies.
• A safe space to problem and support one another.
• Opportunity to bring up relevant topics.

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.

Recognition and Motivation

FOOD FOR THOUGHT: What are some of your accomplishments so far? Do you take the time to recognize your accomplishments?

Be Ahead of the Game
Affirmation and Motivation

What are Affirmations?
- Affirmations are positive statements that counter negative thoughts.

Guidelines to Creating Affirmations:
1) State in the present tense.
2) Keep it simple, personal, and realistic.
3) State it positively.

Affirmation examples:
- I accept myself as I am.
- I am doing the best I can and that is good enough.
- I am not perfect, but I am improving.
Practice Your Goal Setting Skills!

1. State your goal (make it SMART).
2. Make a plan, step by step, to reach your goal.
3. Identify and mitigate obstacles in advance.
4. Who will you ask to support you to reach your goal?
5. How will you measure and track your progress?

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 Resources: Non-Scale Victories

Healthy Expectations and Self Compassion

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

It takes time to learn to care for your new smaller body.

Remember the 80/20 rule.

Progress over perfection!

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

What change would you like to work on this week?

• This week, I will __________ _______ (Action Plan)

Stay motivated by recognizing our accomplishments

Practice affirmations

Nutrition Note:
• Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited

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Next Week...
Balancing Food and Fitness