

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.

Today's Agenda

- Smooth, supported transition from meal replacements to food
- Your weight management journey
 - Biology of weight loss and adjusting to your new body
- Positive Choice support resources
 - Learn behavior change – 10 weeks Maintenance
 - Access long-term support – Boosters
 - Support Resources & FAQ

Check-in

- How do you feel about eating again?
- What would you like to get out of Maintenance?

Transitioning From MR To Maintenance

	Meal Replacement	Full Food	
		Food	Servings
7:30 am		Meal Replacements	0
10:30 am		Protein	4
1:30 pm		Vegetable	5+
4:30 pm		Leafy Salad	1
7:30 pm		Beans/Grain/Starchy Vegetables	2-3
		Fruit	2-3
		Healthy Fat	4
		Milk/Plant-Milk/Yogurt	1
		Vitamin/Mineral	Recommended
		Calories	1230-1460

Maintenance Plate Method

Transition Off Meal Replacement (TOMR) Support Group

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

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

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

Virtual TOMR Support Group Thursdays at 6-6:30 pm

Full and Modified Meal Replacement Program

- Medical Instruction Video
- Program Materials
- Enter the Classroom

CLICK HERE to enter classroom

Your Strengths and Tools

FOOD FOR THOUGHT: During the Meal Replacement Program, what are some tools that you have developed? What are some strengths you have leaned into to better care for yourself?

Why Is Long-term Weight Management So Hard?

The Weight Loss Energy Gap

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

The Energy Gap

Desire to eat more food
 ↑ Hunger
 ↓ Feeling of fullness

Burn fewer calories
 ↓ Calorie usage
 ↑ Calorie efficiency

Closing The Energy Gap

Feel full and satisfied
 ↑ Protein
 ↑ Fiber

Burn more calories
 ↑ Daily activity
 ↑ Muscle

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Weight Management Becomes Easier Over Time

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

You can have LONG TERM WEIGHT MANAGEMENT SUCCESS!

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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 management is possible with SUSTAINED behavior change.

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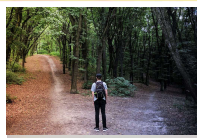
Strategies for Long Term Weight Management Success

- 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.
 - 90% exercise on average 1 hour 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.
- Support**
 - Significant beneficial effect of support group programs up to 3-4 years on short- and long-term weight management.

Key Drivers for Weight Management

You are more than just your biology!

- Make conscious choices
- Be mindful
- Learn new behaviors



Exercise helps you to

- Celebrate what your body can do
- Better manage hunger
- Counters the biological drive to regain weight



FOOD FOR THOUGHT: How do you care for yourself today?

Positive Choice Support Options



- Learn behavior change
 - 10 weeks Maintenance
- Access long-term support
 - Boosters
- Support Resources & FAQ

Maintenance Orientation

Learn Behavior Change – 10 Weeks MAINTENANCE

- Weekly 90 minutes class
- Virtual Maintenance
 - Mondays 6:30pm to 8pm
 - Wednesdays: 10am to 11:30am
 - Thursdays: 4pm to 5:30pm
 - Thursdays: 6pm to 7:30pm
- In-Person Maintenance @ GAR
 - Fridays: 11:30am to 1pm

Session	Topic
1	Making A Plan That Works For You
2	Balancing Food And Fitness
3	What Makes A Balanced Plate?
4	Getting The Most Out Of What You Eat
5	Make Friends With Your Gut
6	What's In A Label?
7	Who Wears The Apron? Taking Control Of Your Meals.
8	WHERE Are You Hungry? Mindful Eating.
9	It Starts With The Cart
10	Prioritizing SELF-Care.

Reminder: Yes, there is an attendance policy.

Maintenance Bookshelf

Support Resources & FAQ

- Do I still need to check in, weigh in or get labs?
 - No.
- How to schedule your post-weight loss **SECA** appointment?
 - Please call (858) 616-5600 to make your appointment.
- How can you purchase Meal Replacement products and how would that fit into your maintenance plan?
- What can you do if you struggle? What resources are available?
- Any other questions?

How to Purchase Medical Meal Replacement Products?

What Is The Eligibility Criteria?

- Attend at least one class per month

What Can Be Purchased?

- Any of the meal replacement products that you were using previously

How Much Can You Purchase?

- 2 boxes per week, 8 boxes per month
- No limit for bouillon cubes

What Is The Cost?

- Shakes, Soups, and Bars: \$22.00 per box
- Bouillon: \$7.00 per box

When And Where Can You Purchase Products?

- Garfield**
 - Mondays to Thursdays: 7:30am to 12pm and 1pm to 4:30pm. **(Closed 12pm to 1pm)**
- San Marcos**
 - Mondays & Tuesdays: 7:30am to 12:30pm and 1:30pm to 4:30pm. **(Closed 12:30pm to 1:30pm)**
- Otay Mesa**
 - Wednesdays: 9am to 12:30pm and 1:30pm to 4:30pm. **(Closed 12:30pm to 1:30pm)**
- Bostonia**
 - Thursdays: 9am to 12:30pm and 1:30pm to 4:30pm. **(Closed 12:30pm to 1:30pm)**

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Interested in Meal Replacement Products?

ONLINE ORDERING is now available!

- Use this QR code.
 
- Visit the *Maintenance Bookshelf Page* to place your order.
 - Look for the **PURPLE ORDER HERE** button.

Your products will be delivered straight to your door!

When ordering, please be mindful of the following:

- Standard Delivery Fee for each order is **\$10.00**.
- Estimated delivery time is **1-2 weeks** form the date of the order.

Thank you so much!

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Access Long-Term Support - BOOSTERS

PositiveChoice.org

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

1 **BOOKSHELF** (highlighted)

2 **MAINTENANCE BOOSTERS** (highlighted)

3 **Welcome to Maintenance Boosters**

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Booster 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.

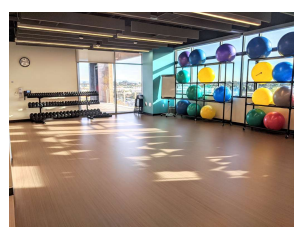
Available on a biweekly basis!

- 1st and 3rd Thursday: 4pm to 5pm

Please register online or call (858)616-5600.

In-Person Fitness Booster Classes

Welcome to Maintenance Boosters



- Meet in-person in the exercise room at Garfield.
- Come learn how to build muscle, burn calories with cardio, and stretch.

Available on a biweekly basis!

- 1st and 3rd Tuesdays: 10 am to 11:30 am

Please register online or call (858)616-5600. Registration is required as space is limited.

Positive Choice Resources: Non-Scale Victories

Exercise Videos on Positive Choice Website

PositiveChoice.org

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

thrive

ROCKEFELLER

Exercise Videos

- 5-Minute Mini Workouts
- Workouts for Beginners
- Cardio Dance
- 10-15 Minutes
- Senior Strength and Senior Stretch
- 45-Minute Strength Training
- 45-Minute Cardio
- 45-Minute Yoga - Simple Yoga, Healthy Back
- Simple Yoga with Home

We have even more exercise videos on our YOUTUBE Channel... [check it out here](#)

Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

Nutrition Note:
 • Long term weight management is possible with **SUSTAINED** behavior change!

Traffic Light: A Tool To Help Keep You On Track

	Definition	Examples
	Red Light Behaviors Warning signs that you are starting to fall off track.	
	Yellow Light Behaviors Warning signs that you are slipping back into behaviors you want to avoid.	
	Green Light Behaviors Behaviors that you know you want to keep up because they support your goals.	

What Can You Do?

- Something Different
 - Booster Support Group
 - 3D's Of Coping Strategies
 - Affirmations And Positive Self-talk
 - Get A Good Night's Sleep
 - SELF-Care: Fill Your Bucket
 - Other
- Continue
 - Celebrate Your Success

Action Item: Have you shared this tool with one of your support people?

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 healthier body.

Progress over perfection!

- A healthier body at any weight is progress.

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




Check-in

- How are you feeling about moving to Maintenance?



How To Register For Maintenance?



1 Enroll in the program

2 Complete the enrollment form

3 Ready to enroll into 10-session Maintenance Program

Session handout: Maintenance Orientation Presentation Slides, Maintenance Program Welcome Packet

Click here to enroll in your 10-session Maintenance Program

Enrollment Note: When you are ready for the 10 weeks Maintenance Program, then please use the Maintenance Program Enrollment Form, which is located on the Maintenance Bookshelf, in your KP.org message, or call 858-616-5600 to register.
