

Welcome to Maintenance!

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


During the session, please mute your audio unless you have a question.



Group Check-In and or

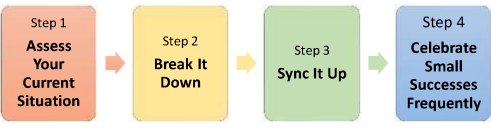
Understanding your

“Why”



Key Message

You can set realistic, actionable GOALS by taking small, manageable steps:



Nutrition Note: Other helpful tools

- Track
- Support
- Affirmation
- Review & Revise

Simple Steps to Building a Balanced Plate

Fruit: Cherries
Probiotic: Nonfat Plain Greek Yogurt
Lean Protein: Egg White Omelet
Non-Starchy Vegetables: Mushrooms, Tomatoes, Spinach, Onions
Starch: 100% Whole Wheat English Muffin
Water: Coffee
Healthy Fat: Plain Almond Milk

9 inches

1. Assess Your Current Situation: Behavior Chain

Physically Very Full (8) from overeating the night before.

Persistent guilt, feeling out of control, worried about weight.

Skips breakfast; thought of skipping a meal feels good.

Day is getting very busy and stressful, feeling Hungry (3), and then Very Hungry (2).

Works through half of day and feels Neutral (5), feels good about choices.

Does not pack meals for the day; thought of skipping feels good, feels "in control."

Difficulty concentrating and feeling moody, now Extremely Hungry (1); grabs a cup of coffee for energy.

Plans to make dinner and complete home tasks but gets home feeling Ravenous (0), must "eat now", opens chips while looking for other items to eat...

1. Break The Chains

Physically Very Full (8) from overeating the night before.

Persistent guilt, feeling out of control, worried about weight.

Journals about feelings and uses positive affirmations.

Day is getting very busy and stressful, feeling Hungry (3), takes lunch break and uses Mindful Eating Placemat.

Works through morning and feels Neutral (5), feels good about choices.

Eats a light breakfast and packs meals for the day, feels good, feels "in control."

Feeling nourished, physically and mentally balanced, and Satisfied (6); finishes work feeling renewed.

Gets home and feels Slightly Hungry (4) so goes for a walk while listening to favorite podcast before making dinner; journals before bed.

2. Break It Down

What would be a helpful **first step** that you could take towards your goal?



Nutrition

- List your favorite non-starchy vegetables
- Buy a 9" plate
- Plan your meals for the next day
- Other:



Exercise

- Put workout shoes by the door
- Pick out workout clothes
- Schedule time tomorrow for movement
- Other:



Mind & Body

- Download the Calm App
- Put a gratitude journal by the bedside
- Set a bedtime, wind down alarm
- Other:

3. Sync It Up

When I...

I do...



Joyful Activity:
Watch TV



Desired Behavior:
Ride Stationary Bike



Established Routine:
Brew your coffee



Desired Behavior:
Do 10 Squats



Joyful Activity:
Listen to music



Desired Behavior:
Meal Prep

FOOD FOR THOUGHT: What is the new habit that you would like to build? What established routine or joyful activity can you sync with the desired behavior?

4. Celebrate Small Successes Frequently

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



How would you like to celebrate your small successes?

- Atta boy
- Tell yourself "good job!"
- Throw your arms in the air
- Do a happy dance
- Cheer
- Put a sticker on your water bottle
- Tell a friend about your accomplishment
- Other:

FOOD FOR THOUGHT: Does it matter if they are food or non-food-based rewards?

Share Your Success Story With Us!

PositiveChoice.org

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

thrive

1 BOOKSHELF

2 Tell us your story! We'd love to hear from you what you were able to achieve in one of the programs. Give feedback here.

Submit your Success Story!

Hunger and Fullness Scale

Ravenous
Extremely Hungry
Very Hungry
Hungry
Slightly Hungry
Neutral
Satisfied
Full
Very Full
Extremely Full
Uncomfortably Full

0 1 2 3 4 5 6 7 8 9 10

Optimal Range

5. Track

What progress are you tracking?

Exercise Routine

Food Intake

Water Intake

Weight, Body Composition

Journal Feelings and Thoughts

Sleep


Other?

Nutrition Note:

- While you don't have to be perfect, we do recommend that you are **consistent** with your new behavior most of the time.

6. Support

Where do you look for support?



Buddy	Affirmation & Recognition
Group	Professional Support

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

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.

Register for Boosters for Long-Term Support



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POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

1 **BODYSHELP**

2 **CLASSROOM LINKS AND PROGRAM MATERIALS**

3 **Welcome to Maintenance Boosters**

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

7. Affirmation

How do you practice positive self-talk?


- **Affirmations** are positive statements that counter negative thoughts.

Guidelines:

- 1) State in the present tense.
- 2) Keep it simple, personal, and realistic.
- 3) State it positively.

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.*



8. Reward & Revise: Overcoming Obstacles

How can you overcome obstacles?


Example:

Your Goal:
"I will fill half of my plate with non-starchy vegetables at every meal."

Obstacle:
Vacation

Solutions:

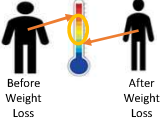
- "If I have access to a kitchen, then I can continue to prepare my meals."
- "When dining out, I will order a salad at every meal."
- "If I can't control my food choices, then I will focus on being more physically active."
- "I will choose to enjoy the vacation as an occasional *planned indulgence*, which is a part of developing a healthy relationship with food."




FOOD FOR THOUGHT: What got in the way last time? What might you do differently this time?


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





Before Weight Loss After Weight Loss











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